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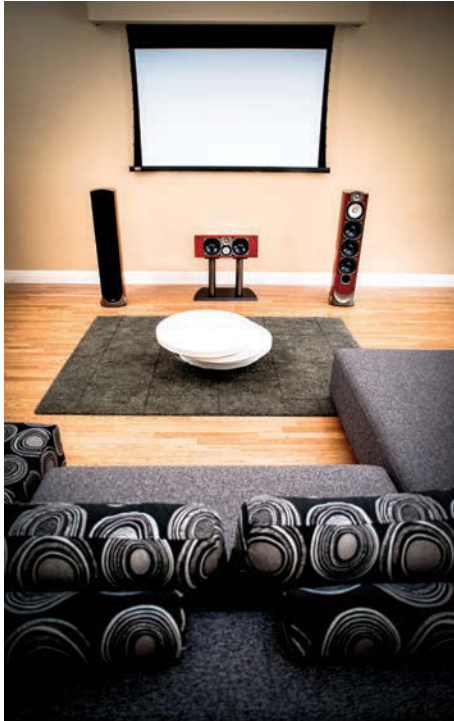
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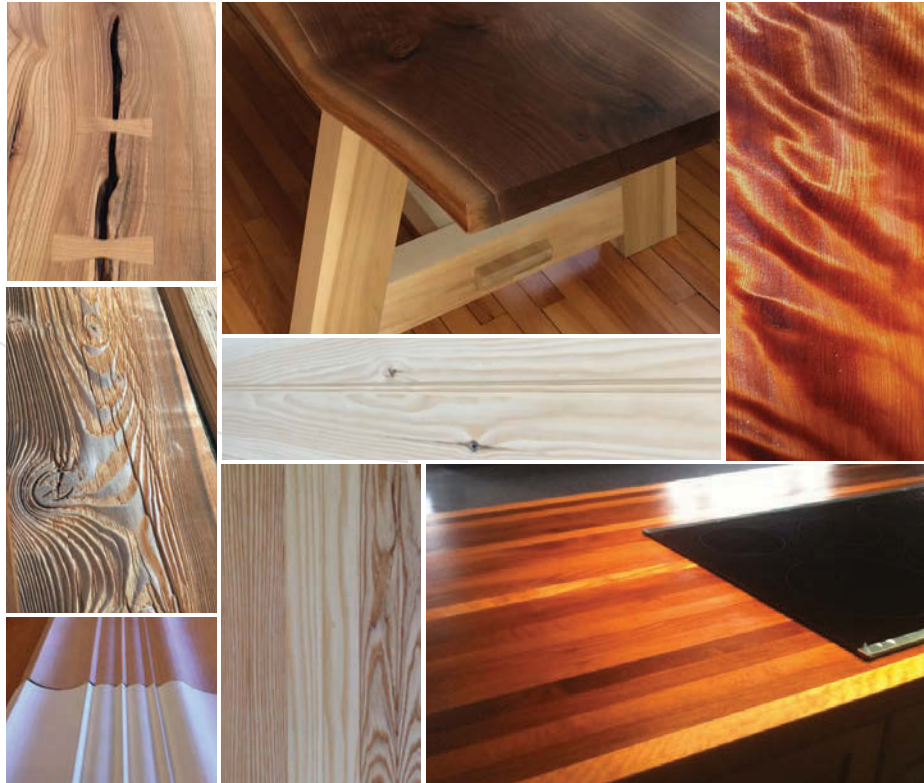
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Welcome home



It's been a tough winter on the East Coast. This morning, I was down on hands and knees digging my car wheels out of five inches of ice using my car scraper. Next, I tackled the bathtub-sized chunks of hardened snow and ice at the end of my driveway. I know these are First-World problems, but it seems like I've shovelled my driveway 10 times in the last three days. I really shouldn't complain as I know it's been much worse in New Brunswick and on Prince Edward Island. We've all had our fill of winter.

This issue is all about how to bring on spring, find new ways to enjoy your home and get ready for warmer weather. We cover all the bases: picking out new paint colours and gussying up your front porch, getting your garden ready for planting, cooking with the first veggies of the season and more.

We're also talking about discovering (and supporting) talented artisans in our region. The Canadian Crafts Federation has named 2015 a Craft Year. Craft Year 2015 is a push to promote and educate people about fine craft at shows, book launches, open houses, workshops and community events. (For more on Craft Year, visit

www.craftyear.ca or follow @CraftYear2015 on Twitter, or follow #CraftYear2015.)

For our part, we love promoting the work of our region's talented artisans and craftspeople: up-and-comers like Minimalistos (see "Window dressing" on page 15) and established veterans like Susan Lee Stephen (see "Shifting Scenes" on page 82). Turn to our Currents section on pages 16 and 17 for more profiles of East Coast artists doing exciting things in their fields.

And don't miss our cover story on page 50. This gorgeous addition in St. Andrews, N.B. designed by Acre Architects is a modern light-filled retreat for retired lawyer Chris Pascoe. Forget about living in a dark, cramped basement, Chris's grandpa suite adjoining his daughter's home is a fresh open-concept space with a modern interior and huge windows that bring nature inside.

Our second feature profiles a home in St. John's, N.L. that underwent a dramatic transformation from a yucky 1980s bungalow to chic modern oasis. Homeowners Becki Peckham and Chris Nicholas tackled most of the work themselves: designing a sleek slatted wall to installing app-controllable custom lighting. I love hearing how much fun they had during the process. Turn to page 30 for their story.

* * *

We are excited to have won the bronze medal for our Fall 2013 cover at the recent Canadian Cover Awards in Toronto. Two of our covers were shortlisted in the Small Magazines category: our winning Fall 2013 issue and our Spring 2014 issue. Saint John-based photographer Sean McGrath took both cover shots, as well as the gorgeous photo on the cover of this issue; it's a thrill and a privilege to showcase Sean's work time and again. And it's awesome to see our Atlantic Canadian magazine earn national recognition.

As always, drop me an email with your ideas on interesting homes to profile in the magazine. We're always on the lookout for unique designs (and designers) in Atlantic Canada to profile in our pages. Send your feedback and ideas to jhudson@metroguide.ca.

Janice Hudson

jhudson@metroguide.ca

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On our cover:

Homeowner Chris Pascoe and his pug Diva enjoy the breakfast nook of their light-filled, open-concept home in St. Andrew's, N.B. Abstract painting on back wall by Polish-Canadian artist Zbigniew Kupczynski. Read more about this intriguing space on page 50.

Photography by Sean McGrath.

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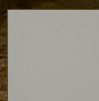
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Meet our contributors



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sanctuary"
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photographer based
in Saint John, N.B.
He specializes in
documenting people and
their relationships.

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"Modern seaside sanctuary"

Angela Kippers is a writer,
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Saint John, N.B., and
Bangor, Me. Her work has
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Journal, Currents, Salon* and
Mainebiz. www.akippers.ca



Photography for
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Kenneth J. Harvey
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Gerald Squires Gallery

in St. John's, N.L. www.kennethjharvey.com
@kennethjharvey

"Uptown funk"

Denise Flint is a freelance
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appear in publications
across the country.



"From forest to glass"
Laura Oakley is a Halifax-
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travel writer, with stories
in *Downhome, Local
Connections Halifax*, and
Soar Halifax. Her blog,

Halifood, covers recipes, food events, restaurant
reviews and eating abroad.

www.halifood.com @halifood

Photography for
"Spring awakening"
and "Pass the pasta"

Bruce Murray has
been creating food and
lifestyle photography
for over 20 years in
the Maritimes and in
his original studio in
Vancouver. He delivers compelling images to a
diverse clientele of magazines and top Canadian
companies. www.VisionFire.ca @VisionFire



"Front porch facelift"
Heather Fegan is a
freelance writer, book
reviewer and blogger
based in Halifax,
Nova Scotia.
www.heatherfegan.com.

Photography for
"Sleeping beauty"
Dennis Evans resides in
Halifax as a commercial
photographer. His work
can be found in print
and online.

www.evansphoto.ca



"Colour pop"
Heather Laura Clarke
is Truro-based freelance
journalist whose work has
appeared in *The Chronicle
Herald, Hub Now, Business
Voice* and *Our Children*.
HeatherLauraClarke.com
@HFXHeather

"Spring garden checklist"
Carol Matthews has been
gardening for over 40 years
and writing about it for
more than half that time.
Her work has appeared in
magazines, newspapers,
online, and on the radio.



"Pass the pasta"
Valerie Mansour is a
Halifax-based writer/
editor who has worked on
food television series and
documentaries. She also
reviews cookbooks and
for several years, reviewed
local restaurants.

"Spring awakening"
Simon Thibault is a food
writer and journalist based
in Halifax. He contributes
to *Zester Daily*,
*Passable.ca, The Globe
and Mail, Halifax
Magazine* and CBC Radio.
@simonathibault





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currents

Inspiration and trends from the design world

BY: JANICE HUDSON

Window dressing

Vlad Kovalik and Jelsi Mynott find inspiration in an unusual place: the side of the road. The Halifax duo behind Minimalistos collect discarded windows and use the glass to create geometric terrariums, display cases and ornaments.

They launched the business in November 2013, after moving from British Columbia to Halifax. They decided to do something unique with a material people were just throwing away. "We're really inspired by reusing materials," says Mynott. "Now we have a basement full of windows."

They prefer the thin glass from storm windows. "We aim for a very clean and minimal aesthetic," Mynott says. The couple use stained-glass tools to create the pieces. After cutting the glass, they solder the edges together and polish each piece with wax. "It's quite similar to stained glass in how the pieces are connected," says Kovalik, "but we make it 3-D. We did a cube first and then we started experimenting with shapes, and it's taken off from there."

They've even crafted a dodecahedron (a 12-sided shape). "I use computer renderings to make sure a design will work," Kovalik says. Recent designs include multi-tiered "living" displays and house-shaped terrariums. "People love seeing the layers of the soil, sand and rock," Mynott says. "You see everything that is going on in that little world."

They've also been creating asymmetrical pieces that are a little off kilter but that still boast a clean, modern design. Ultimately, Mynott says they love that their business gives them a reason to explore the East Coast. "Finding windows is such a great way to see the province." Check out their designs in Halifax at the Flower Shop and Makenew, and in Lunenburg at Dots & Loops.

Terrarium by Minimalistos www.minimalistos.com



Bring on spring

The latest decorating ideas and developments in design



High fidelity

P.E.I. designer Jody Racicot has an answer for vinyl addicts needing sleek storage ideas. Featuring solid teak and aluminum, his LP Cabinet is both sturdy and light thanks to its triangular shape. It weighs less than 4.5 kg and can hold over 68 kg of records.

LP Cabinet by Modern Revision www.modernrevision.com



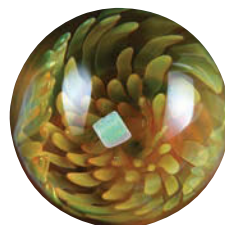
Play on words

Based in St. John's, N.L., ceramic artist and art teacher Wendy Shirran specializes in handmade porcelain ceramics. Drawing inspiration from her travels to Asia, her work reflects the lines and fluidity found in ancient Eastern architecture and art.

Word play cups by Wendy Shirran
wendyshirranceramicart.wordpress.com

Twisted by nature

The Palindrome chandelier by Rich Brilliant Willing has a series of jointed steel rods that you can adjust any way you like.
www.richbrilliantwilling.com



Glass act

Nicholas McCaig of Sussex, N.B. creates evocative flame-worked borosilicate glass designs.

Elfstone sphere by Clairvoyant Art Glass
www.clairvoyantartglass.com



Moody blues

Jewel tones are still going strong for 2015. Refresh your room by painting the wall space behind a bookcase in a bold rich colour. See more paint trends on page 41. Shelf wall paint colour *Peking Blue* by CIL Paint. www.cil.ca

Sitting pretty

Bedford, N.S. textile artist Andrea Saint-Pierre upholsters antiques in Jacquard-woven fabrics that feature her drawings of subway and train stations. This 1930s walnut hall bench depicts the subway stairwell in Copenhagen.

Resurface, Copenhagen by Andrea Saint-Pierre. www.andreasaintpierre.com



Modern moves

Based in Portuguese Cove, N.S., Randy Mugford handcrafts elegant modern furniture with wood and concrete. Out of 50 applicants, Mugford has been selected by the Robert Bateman Centre in Victoria to create a furniture piece for their gallery. His Allison table is adjustable to various sizes. You can also use it as a bench. www.65design.ca



Rustic inspiration

Newfoundland ceramic artist Michael Flaherty spent three months alone on Grey Island, a remote and desolate island on Newfoundland's North Coast. A kind of rugged artist residency, the experience inspired Flaherty to produce a collection of sculpted pieces that explore the island's history of resettlement and how nature now occupies its uninhabited landscape. Titled by numbers of the birth and death dates found on the gravestones in French Cove, Flaherty's pieces depict antlers, bone and shards of pottery intertwined with motifs of miniature landscapes.

1887-1954 by Michael Flaherty www.ceramicfundamentalist.com

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Win on Facebook

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@magscanada It's a wonderful cover and story. Congrats again!

@mcgraths Awesome job everyone! It's so great to be a part of such a talented team.

@approvedmtgs Oh thanks for posting that! Beautiful image. I love to garden, can't wait! #BringOnSpring

@holleywoodshop Spring in Nova Scotia is full of false promises. Come on Summer!

@Rebecca_Taussig good eye @EastCoastEditor!
@aprydepottery your work is beautiful: classic lines and traditional colour

@WendyDesignLink Grandma's beautiful #quilts never lead you astray #eastcoast #patternplay #fabric

@LuxiStudioWorks Thanks Janice! looking forward to taking them to the Interior Design Show! #IDSToronto #design

Your Facebook notes:

On winning a Canadian Cover Award for our Fall 2013 issue:

Congratulations to you for putting east coast on the map in terms of decor and photography. *Marsha Sefcik*

So...gold next year for the 2015 spring edition?!!
Congratulations to Janice, Gwen, Sean McGrath and the entire team at ECL! Keep up the great work!
Angela Kippers

Congrats to East Coast Living Magazine! Your cover was fantastic! Thanks for supporting Sean McGrath. Just goes to show Saint John has some fantastic talent too!
Anne Trenholm

Love the latest issue's cover as well—it looks like it is plugged in, the way it glows! *Birdmouse*

On Fogo Island Inn named a Top Lodge of the World by National Geographic:

Visiting Fogo Island is one of my bucket list, even better would be owning a art studio in Fogo. *Julia Bennett*

It was expensive...but it was amazing! The concept of the Inn bringing the island back to life and employing the community in many unusual ways it quite extraordinary too.
Candace Allan

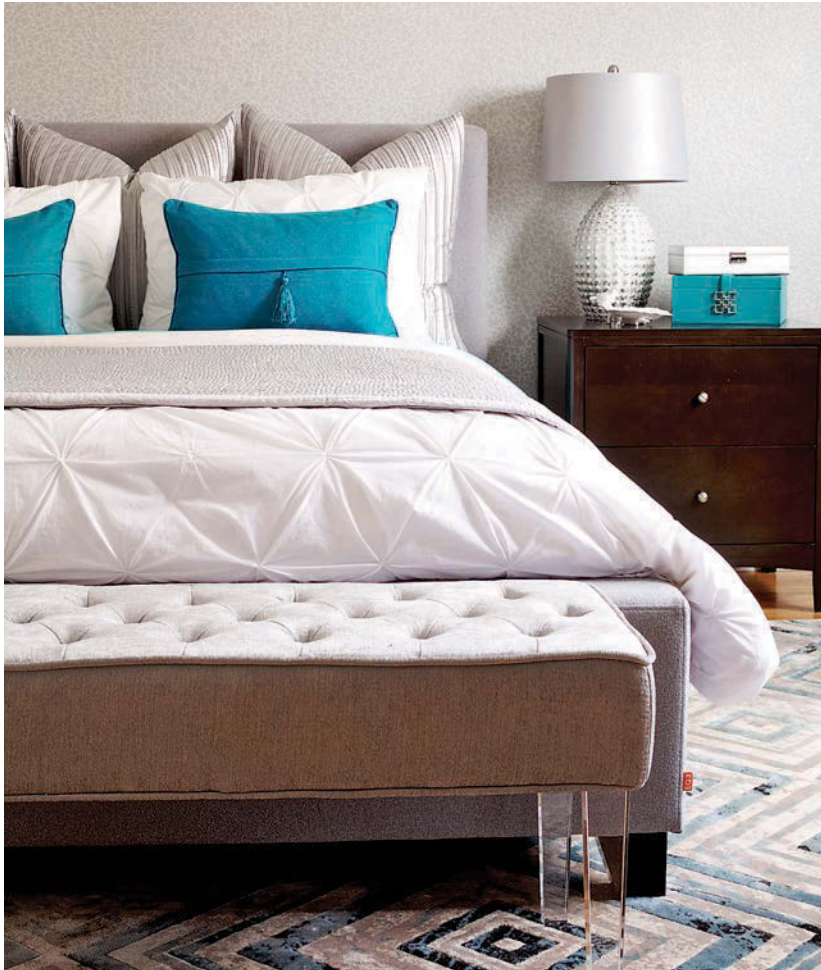
Apparently has one of the best restaurants in Canada I read! Every ingredient is straight off the land!
Leigha Victoria Romkey

Sleeping beauty

Four bedrooms decorated by top East Coast design consultants each create an oasis for rest and unique style

BY: JANICE HUDSON

PHOTOS BY: DENNIS EVANS



Tip

Keep it simple. If you feature interesting wallpaper, there's no need to place something over the headboard.

GROWN-UP GLAM

This bedroom by Shay Ingram is a soft, sophisticated space with a little bit of sparkle. "I love layering textures," she says. The bed has three levels of pillows, including puckered shams. A painting by Halifax artist Lynn Rotin was the foundation for Ingram's palette in the space. "It's monochromatic but with pops of turquoise to pull out the artwork," she says. The brown in the rug links to the painting's darker tones. She says the metallic wallpaper is "like sunlight dappling through the trees."

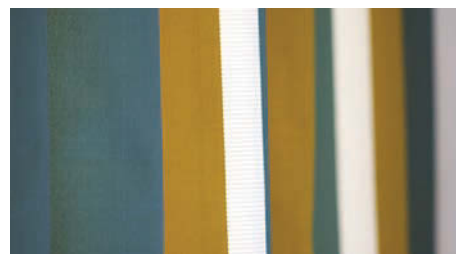
The homeowner worked with Attica to pick out the furniture.

Painting by Lynn Rotin, EQ3 bed, Geovin nightstands, white puckered duvet and shams from Attica. Turquoise cushions, rug, quilt, bird dish, lamps and bench from HomeSense. Wallpaper by Sherwin Williams, large silver cushions by Shay Interiors, wall paint Wickham Gray by Benjamin Moore.

Shay Interiors @shayinteriors
www.dropindecorator.com

Tip

Let a favourite fabric guide your bedroom palette and don't shy away from using a bolder colour.



CLEAN TRADITIONAL

A vibrant drapery fabric drove the fresh colours in the space by Kevin Muise. "I liked the bold stripe, and acid green is one of my favourite accent colours," he says. The tones are echoed in the large abstract painting on the side wall. A sumptuous tufted bed frame with intricate detailing adds drama, while the quatrefoil wallpaper lends subtle pattern in the space.

"At night, the light catches it nicely," he says.

Upholstered bed by Van Gogh Designs, drapery fabric by Maxwell Fabrics, euro shams (fabric and accent cushion) by Kravet Fabrics, bedside tables by Bungalow Five, grey quilt, yellow wool throw, bedside lamps and bench by HomeSense, bedding from The Bay, artwork by Left Bank Art, wallpaper by JF Fabrics, wall paint Silver Satin by Benjamin Moore, accessories by Kevin Muise Interiors.

Kevin Muise Interiors @kminteriors2063

www.facebook.com/pages/Kevin-Muise-Interiors/211075105634213

Tip

With a higher headboard, decorate above the bedside tables. Don't worry about matching each side: asymmetry is fun.



HANDMADE COASTAL

A blue and white hand-stitched quilt was the jumping off point for this guest bedroom decorated by Wendy Monaghan, which features local artwork, rustic folk sculptures and family heirlooms. "The room has a Maritime feel, but it's still comfortable and luxurious," she says. "The prints on the wall give whimsy and colour." Since the bed has a tall wicker headboard, Monaghan focused on the bedside tables, choosing fun porthole mirrors and sleek cantilevered lamps from Gallery 1.

Bed by Stanley Furniture, bedside tables by Geovin, dust ruffle, draperies and toss cushions by Robert Allen, lamps by Gallery 1, coverlet and euro shams client's own, dresser by Ikea, two paintings above dresser by Dorothy Mosher (framing Second Gallery), porthole mirrors by Target, wall paint Front Porch by Sherwin Williams.

Link Interiors @WendyDesignLink www.linkinteriors.ca



Tip

If you have space, pick generous-sized night tables that are at least the height of the bed.



CALM AND COLLECTED

A floral upholstered bed is the showpiece in this bedroom created by Bea Doucet and Jim Davis. They enlivened its blue/taupe palette with soft pinks in the custom bed linens and accents, with a hot pink chair giving a punch of colour. "It's whimsical and uplifting but still sophisticated," says Doucet. Unique collections of dollhouses, Chinese porcelain and figurines abound in the space. "When you place an object well, it just sings," says Davis. They opted for swing-arm lamps to maximize space on the night tables.

Bed design and structure by Jim Davis, bed upholstery fabric by Kravet Fabric, pink chair and pedestal table by Kravet Furniture, coverlet fabric by Robert Allen Fabrics (pink reverse fabric by Duralée Fabrics), swing arm lamps by Lite Tops, night tables by Pearson Furniture, wall paint Feather Gray by Benjamin Moore. Painting over mantel by Joy Laking.

Doucet-Watts & Davis Interiors www.dwdinteriors.com



front porch facelift



BY: HEATHER FEGAN

Photo: Proven Winners

"I like a bit of a mix,
so it's not all too
contrived."



Photo: Dulux

LEFT: A treasured antique chair is great for showcasing on the front porch.

FAR LEFT: Elegant urns filled with colourful flowers and a rich plum door give this front porch a classy, manicured look.

Sleek planters, rustic furniture and more—there are myriad ways to refresh your porch for spring

Following months of salt, snow and shovel action, most porches need a little lift come springtime. After all, the front step is the first (and sometimes only) glimpse into your home's aesthetic, so that impression counts.

To create a unique look, Bruce Norman of Norman Flynn Design in Halifax suggests ordering oversized planters from a commercial building supplier, instead of typical planters from your hardware store. "Go larger scale, so it doesn't look so generic and everyone else has the same planter," he says.

Norman, who creates residential and commercial interiors, says his own house is contemporary, which lends itself to a Japanese-type garden. "Instead of having a typical concrete traditional walkway, this spring we're going to build platforms out of a natural wood and stack them at random, put pea gravel all around it, and plant oriental grasses, just to make it a little bit more Zen-like," he says.

For the front of a Victorian house, Norman suggests planting trees or a boxwood hedge and having large iron urn-like planters on either side of the front door. For a modern home, try sleek concrete-cast planters and add horizontal slats of cedar siding.

Don't worry about matching your porch to the style of your home's exterior. "I like a bit of a mix, so it's not all too contrived," says Norman. "The same with an interior of a house. I typically am a little more eclectic, so I may have this ultra-modern kitchen and maybe the sofa is more vintage...It doesn't mean you couldn't do that on the outside of your house as well."

Modern planters paired with elegant Victorian architecture can give a traditional home a fresh look. "I wouldn't be afraid to go outside the box and play around with adding some contemporary elements to a country or a Victorian home," Norman says. "The key is not to overdo it. Make it really nondescript and really clean."

Wendy Batten doesn't do fancy and is all about fast. "A 20-minute porch redo is all it takes, all I have time for," she laughs. "But I take that time to make it look nice because it's so welcoming when you come home."

"Clean up the winter debris and get ready for spring flowers to come into bloom."



Architect Raven Spanner's home in Moncton, N.B. has an entryway to match its sleek modern style. Chic numbers and tidy shrubs keep things simple and streamlined.

Photo: Submitted

Batten owns Front Porch Mercantile, a shop in Lower Coverdale, N.B. offering vintage décor, hand-painted furniture, Canadian paint products and accessories. The store also offers custom refinishing and workshops on painting and refurnishing furniture.

Batten calls herself a compulsive redecorator with a passion for old things. While she says you won't find a big front porch at the shop, just a stoop, she does know how to style one. "You don't have to spend a lot of money," she says. "It's easy peasy."

She likes a natural, layered look. Once she hauls out and arranges furniture she wouldn't leave out over winter, she fills a crate with colourful pansies and displays them on a second-hand chair or rocker. "Old crates are great," she says. "They don't have to be antique. You can get one at Michael's and throw some milk paint on it to give a nice patina."

Batten also suggests displaying galvanized watering buckets or sap buckets ("I use them year-round") and wooden stools to create a rustic porch that is perfectly imperfect.

But first, spring-cleaning has to extend outdoors. "I clean the windows and door, the light fixtures, sweep," says Batten. "I clean up winter and find it makes a big difference." She's not the only one.

"The first thing that comes to mind is to make sure everything is tidy," says Sappho Griffin, a Halifax interior consultant, cabinetry designer and owner of Henhouse, which offers interior-space services from decoration to full-scale renovation. "I clean up the winter debris and get ready for spring flowers to come into bloom. Around the porch there is usually winter chaos."

She also spends time in the garden trimming, raking and edging beds. With that chore complete, she heads to the garden centre. "A couple pots close to the door provide an instant hit," says Griffin. Perennials such as hostas, ferns, grasses, and trailing ivies can anchor your pots, plus give greenery and structure. "Then I will add in spring bulbs, winter pansies or crocuses."

When the spring bulbs are done, Griffin replaces them with a summer bloomer. "I love an unusual geranium with variegated leaves in a coral bloom that matches my orangey-red roof and stands out against my olive-green shingles. Or I find something else that may catch my eye at the nursery."

She finds gardening expensive. "You can spend hundreds of dollars on the planters around your porch...One cost-saver I found is once the season is over, I transplant the perennials to my

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Photo: Sappho Griffin

FLOWER POWER

If you are looking for contemporary flair to match the structure of your home, Sappho Griffin says to consider the vessel you plant in. "Scale plays a big part," she says. "Large simple vessels work best in metal, wood or fibreglass. Symmetry works well in urban contemporary settings. The rule of thumb is to keep it simple, less is more."

For a more relaxed country vibe, go wild with different plant varieties and set them in an asymmetrical scheme. "Colours that work well are blues, pinks, whites, purples and vibrant greens," Griffin says. "These can be planted in half barrels, clay pots, wicker vessels or cast-iron urns."



Small photos: Gwen North

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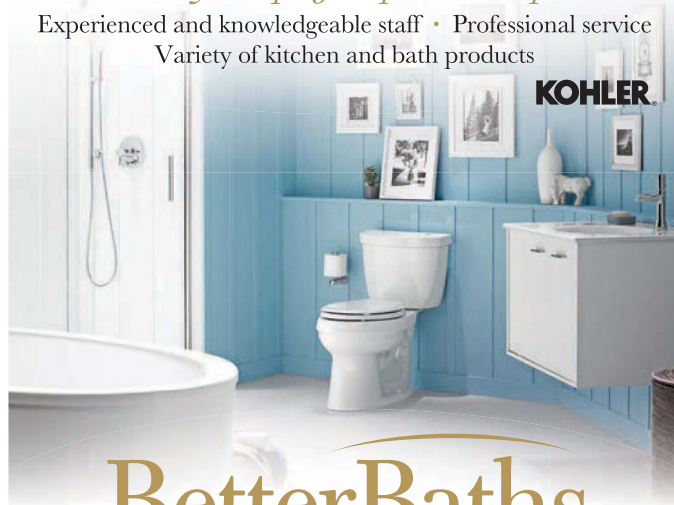
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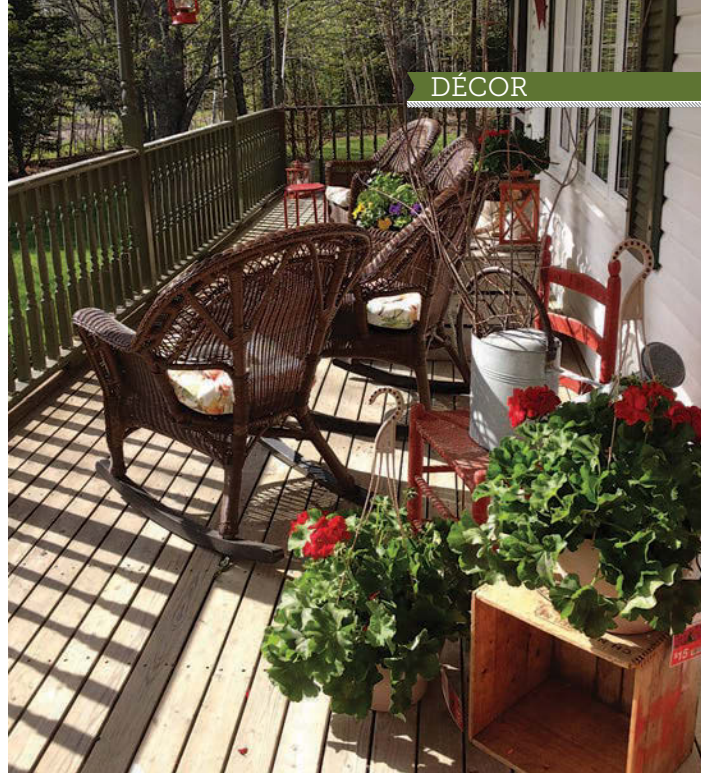


Photo: Submitted



Photo: Mary Mackay

TOP: Wicker furniture and rustic crates enliven this porch by Wendy Batten of Front Porch Mercantile in New Brunswick.

ABOVE: This porch boasts ornate Victorian mouldings.

garden, helping me grow my beds. I have a chance to enjoy them all summer long on the porch and then in the garden."

As the weather warms, freshen up your doorstep with an easy, inexpensive weekend project. Paint your door a vivid colour and match your planting to the new hue. "Pantone's Marsala is a great new hue for 2015 that would work well with vivid greens, violets and deep reds," says Griffin. "A coastal colour that we never seem to tire of is blue. My personal picks are In the Tropics or Baltic Sea by Benjamin Moore. Repeat the blues in your planters and add pinks, whites and chartreuse."

Griffin points out the front door mat can get run down over the winter, so a new colourful, natural jute or even a black modern rubber mat will help enliven the area.

Whether your front porch facelift is extravagant or a cost-effective DIY solution, you can get a lot of enjoyment out of the process. "It's therapeutic," says Griffin. "It's great to be outside when the weather gets better, to spend a good few hours outside getting exercise and fresh air. It finally feels like spring." ❁

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Uptown funk

Doing most of the work themselves, a young couple update their suburban St. John's home with sleek modern design and dazzling high-tech features

BY: DENISE FLINT

PHOTOS BY: KENNETH J. HARVEY



Becki Peckham and Chris Nicholas kick back in the living room of their revamped St. John's bungalow. With its cool, grey tones and modern styling, the living room looks nothing like the original 1980s-era space, but still has plenty of room for entertaining.



"We met in
the dark room
during art class."

It's a typical 1980s suburban neighbourhood: tidy three-bedroom bungalows and split levels with meticulously cleared driveways line either side of a street that will sprout basketball hoops and hockey nets when spring arrives. But what lies behind one door is anything but ordinary.

Becki Peckham and Chris Nicholas, a couple in their late 20s who started dating in high school, moved in together a few years ago. But unlike other couples, their first home wasn't a ratty apartment sparsely furnished with hand-me-downs. Instead they bought an out-dated two-level bungalow. And for the last three years they've spent every spare minute modernising everything about it, from the living room ceiling to the basement floor.

While the entrance is modern and tastefully stark, its cool white walls are not unexpected. The surprises start when climbing the half flight of stairs into the main living area. There's no Berber carpet on these treads and the sides are thick, shatterproof glass. "We had to send to Montreal to get it," Chris says. "There was no one in Newfoundland willing to tackle it."

In the living room, one dark wall has an inset fireplace with minimalist flickering flames over cool cream rocks. Another wall is covered in wooden slats; what looks to be just a design feature conceals the guts of the entertainment system. The slats hide the wires and the television appears to float.

A third wall features backlit blown up X-ray photographs of two old cameras. Photography is a bit of a thing for the young couple. "We met in the dark room during art class," Becki says, smiling at Chris on the couch beside her.

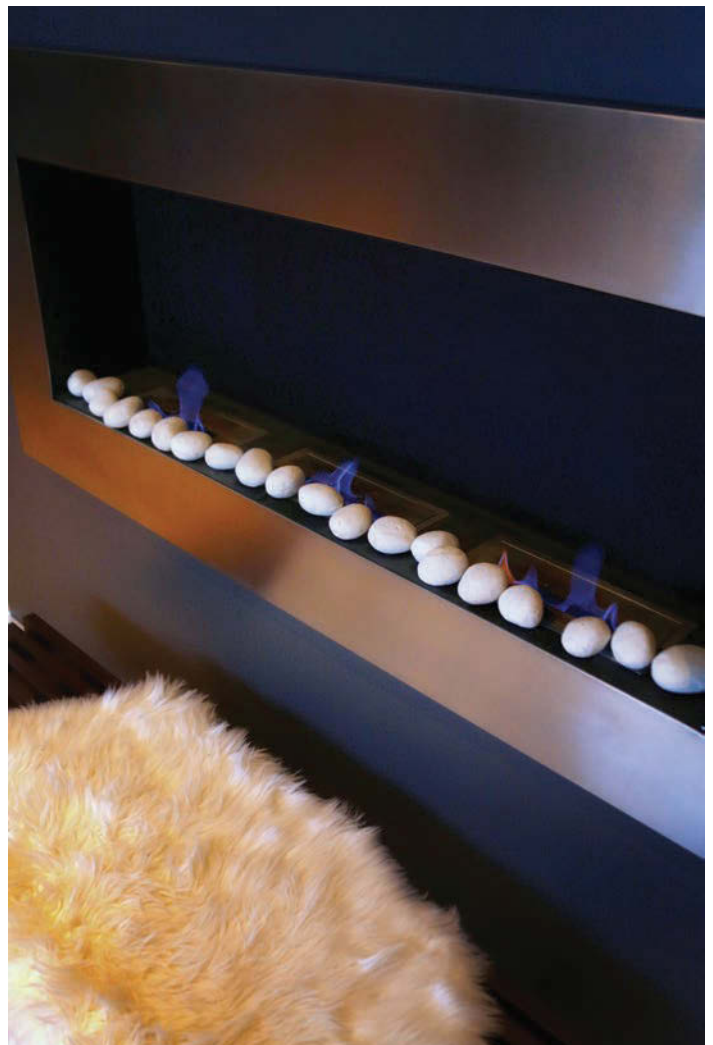


OPPOSITE PAGE: The couple gutted the entire basement, which now houses Becki's studio and includes a spot for clients to relax.

LEFT: Even the smallest feature is given proper lighting by Chris, who admits to being a bit of a lighting fanatic.

BELOW LEFT: The dark walls and ceiling of Becki's office seem to cradle the bright work space.

BELOW: Back upstairs, an ethanol fireplace sunk into the wall divides the living room from the kitchen.



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Taking down the wall between the kitchen and dining room was one of the couple's first projects in the house. Now natural light is able to flood the combined space.



The kitchen's original panelled oak cabinets and stuccoed ceiling were amongst the first targets of Chris and Becki's makeover. And the wall between it and the dining room is long gone. "We knocked it down the very first night we moved in," says Chris. Hip-hop style art dominates one wall of what is now the dining area. Gleaming Corian counter and peninsula tops reflect the cool grey lines of the stainless steel appliances and the minimalist white cupboards.

Things get really cool when Chris, a techie with a taste for experimental lighting, gets out his smart phone. With the push of a button he can change the concealed RGB LED lights from party bright to movie-watching low. The couple can control the lights and sound system throughout the house by either a master panel in the hallway or their phones.

And ambiance isn't just created by the number of watts on the go. The lights can change colour from bubble-gum pink to lime green with equal ease, altering the atmosphere in the living room or the kitchen. Since they connect to the system wirelessly, Chris and Becki can phone home when they

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Chris and Becki wanted a clean, minimalist look for the kitchen. Everything from the spice rack to the toaster is concealed.

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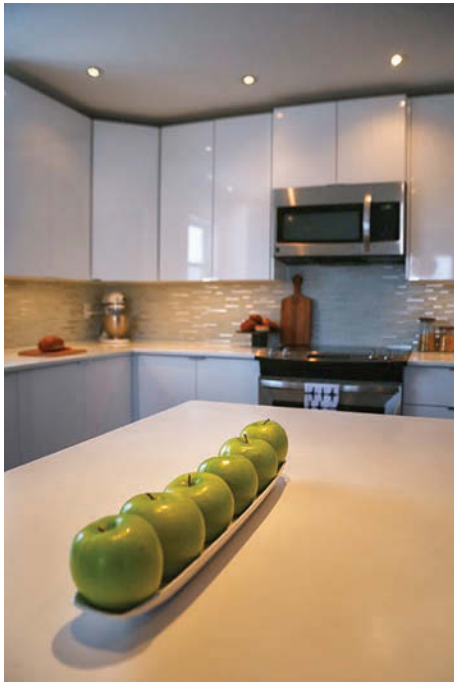


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ABOVE: The custom-built island sports a crisp white Corion top to match the kitchen counters.

RIGHT: The couple built their own floating shelves, sturdy enough to hold books and part of their camera collection.



are out and have the house warm and brightly welcoming when they return.

Becki's always been obsessed with home design. When she was a little girl, she used to draw up floor plans while watching design shows on television. Now she runs a mini marketing and photography agency from home and does a lot of work for a St. John's interior design company, SAM Design, which keeps her inspired.

Chris came into the project clueless. The first time he tried to cut a piece of drywall he used a circular saw and was immediately covered in gypsum powder because he didn't know he was just supposed to score it with a knife. However, he was more than willing to go along with whatever Becki wanted. For his day job, he's a radiology resident doctor at the Health Science Centre in St. John's, specializing in diagnostic imaging.

Becki's creative vision and Chris's analytical focus make them a formidable pair when tackling a project. "Chris couldn't picture it when we started," Becki recalls. "The house was '80s and ugly and I said, 'This is perfect!' Chris was, 'I dunno, man.' But once we started the project he got more into it."

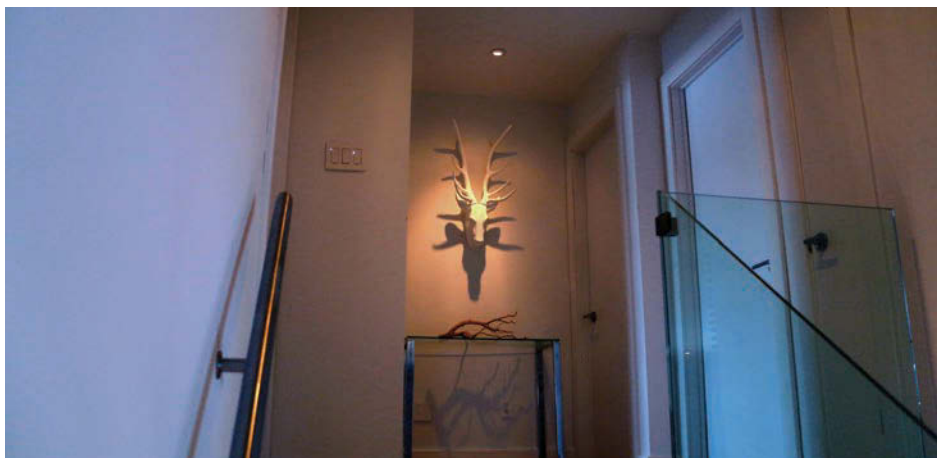
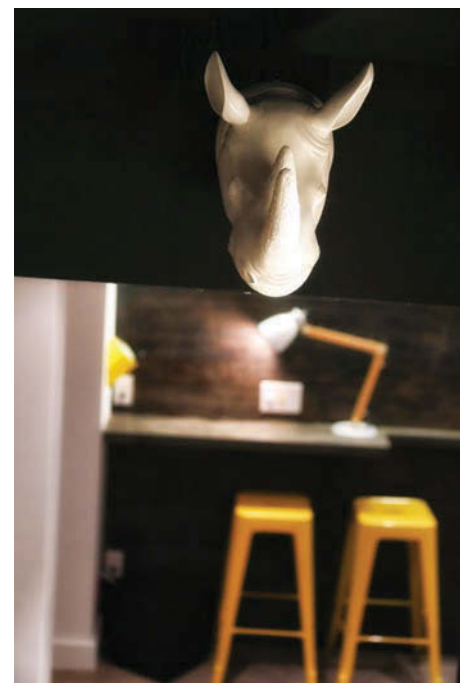
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ABOVE LEFT: In the living room, a slat wall made from 195 m of 2.5-by-5-cm poplar pieces hides the wiring for the media centre.

ABOVE: Every space is well lit, even the shoe closet. Faux wild animal trophies add a touch of whimsy throughout the home.

BELOW LEFT: Since the house is a split level, the tempered glass and stainless steel stairs are visible from almost every room.

"We've learned so much doing this place. This is just the start."




Carefully chosen accent features in bright red pop against the predominant grey and white of Becki's office.

Now Chris is every bit as enthusiastic as Becki and loves suggesting ideas of his own. "We started by emulating magazines," he says. "Now we're coming up with original concepts."

Not everything has worked out as planned. Chris pictured the ceiling in his office as a sleek, high-gloss grey. After too many nights of sanding well into the wee hours, he finally gave up. The ceiling now has a more restrained matte look.

And suppliers don't always have products that live up to their vision. "I wanted square corners on the peninsula," Chris says with some frustration, "and those appliances aren't modern enough."

Becki's uncle, Jeff Parsons, was the couple's mentor during the project. He's a custom woodworker and contractor who guided them through the work, advising them about which walls to knock down, for example. A valuable contribution, considering the couple demolished the wall between the kitchen and the dining room the first night in their new home.



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"The house was '80s and ugly and I said, 'This is perfect!'"



LEFT: Becki wanted the master bedroom to have the sophisticated feel of a modern, high-end New York hotel room.

The tiny guest bathroom feels bigger due to a large mirror and accent lighting.



"They knew what they liked, but they didn't have a clue," laughs Jeff. "But they'd continue on. I'd get a text: 'We're gonna try this.' They were full of questions."

Though Becki points out the custom cupboards Jeff built for them in the kitchen, he takes little credit for the work that's been done overall. "I did a lot of work with them, not for them," he notes. "They didn't shy away from things. They've made a lot of mistakes but they've learned from them. The difference between what they can do now and what they could at the beginning." He pauses for a moment, considering. "I know guys in the industry who couldn't do this kind of work."

The couple hope to be completely finished the renovation by the end of this year, but that doesn't mean the end of their dream. "We really want to build a house on the ocean," says Chris with a speculative look in his eyes. "Like right on the ocean, literally. We've learned so much doing this place. This is just the start." ✨

FEEDBACK

✉ jhudson@metroguide.ca
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Revere Pewter

Guildford Green

Cinnamon Slate

Jamaican Aqua

Patrician Purple

Caliente

Lenox Tan

Coral Reef

colour POP

BY: HEATHER LAURA CLARKE

From clean greens to deep plums, the top paint colours for 2015 can enliven your interior in just a few brushstrokes

They say it's not easy being green, but the fresh new shades of 2015 are making it one of the top paint colours for 2015.

/// Décor consultant Angela Gallant from House of Excellence in Charlottetown is a fan of Benjamin Moore's colour of the year, Guildford Green, a silvery shade that's both modern and traditional. "Some people are scared of green paint because it reminds them of the avocado green from the '70s or hunter green from the '90s," Gallant says. "But this is a fresh clean green, not too minty or limey."

When a customer comes in for a paint consultation, Gallant discusses the room and asks if there is a jumping-off point for inspiration: a fabric or flooring sample, or even a photo of a room the client likes.

Liking a paint colour in a photo on Pinterest or in a magazine doesn't always translate into liking the actual colour. "Shades look different on computer monitors than they do on an actual colour chip," says Gallant. "When clients see a colour in their hand, they're usually quite shocked that it doesn't look like the colour they saw on the Internet or in a magazine."



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ABOVE: Greens are big for 2015. Benjamin Moore named Guilford Green its colour of the year. The neutral silvery-green shade can work in both contemporary and traditional décors.

ABOVE LEFT: A moody and rich shade of grey, Down Pipe by Farrow & Ball, makes a dramatic background for this gallery wall.

OPPOSITE PAGE: Benjamin Moore's Rockport Gray is a perfect neutral for this living area decorated by Tracy Cameron of Opal Interiors in Tantallon, N.S. Cameron chose CIL's Golden Wheat for a pop of colour in the adjoining room.

At Vivid Paint and Decor in Halifax, store interior decorator Beth MacDonald says customers are often surprised to hear that greens and plums are back in style. "They're colours that have been around before, and come back around, so people are really comfortable with them," she says. "Earthy greens, deep plums, Mediterranean blues; dramatic shades like that."

But the forest green and burgundy living room isn't making a comeback. The new shades are softer and more modern. Benjamin Moore's Cinnamon Slate is a close match to Pantone's colour of the year, Marsala (an earthy red-wine tone).

If you don't find Renaissance-inspired hues appealing, grey is still a popular neutral paint colour. MacDonald is constantly running out of Benjamin Moore's Revere Pewter chips, which is the most-pinned paint colour on Pinterest. "It's a warm greige [grey with beige undertones], and it really changes depending on the room and its lighting," she says. "People are loving it."

Whites and creams often stump homeowners, especially when it comes to choosing a shade with the proper undertones. MacDonald says the key is to never mix whites. Use the same shade for the trim, the ceiling, and any cabinetry to maintain the flow.

But if you're selling your home in the near future, MacDonald says white walls can be austere. "Buyers can't envision their stuff in plain white rooms because it doesn't seem very welcoming," she says. "You need your colours to be neutral enough that they can envision their furniture in the space, but you also need your colours to add character."

Keep the brightest shades for small windowless spaces, like powder rooms. "When a space doesn't have a window, you can lighten it up with a bright paint colour like neon orange or pink," says MacDonald. "The colours really pop in the confined space."

If you do choose a brighter colour for a main room, limit it to just one wall and then use a muted version on the remaining three walls. "People who choose bolder shades aren't afraid of colour," says Gallant. "They know it's just paint. It's the easiest, most cost-effective way to change a room...it's easy to repaint, especially if it's just one bold wall."

Interior decorator Tracy Cameron, who owns Opal Interiors in Tantallon, N.S., sees many homeowners opting for light and bright neutrals, and limiting bold shades to a single wall, or a protrusion like a fireplace enclosure. "When buyers walk into a home and see it beautifully decorated with punches of colour, they can picture their own furniture in the space," she says.

Cameron gravitates towards warmer tints that are easier to work with. "Even with greys, I will go with more of a greige, something with warm beige undertones, because you can always work around a warm neutral," she says. "Everything is



"The way we remember and perceive colour changes drastically."

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LEFT: A cheery colour can brighten up a darker hallway, like this shade called iGeneration from Laurentide Paint's Summer collection.

BELOW: Bold colours are big this year. A dark blue colour like this hue called Midnight Sky by Laurentide Paint is a dramatic alternative to black.

BOTTOM: Beauti-Tone's colour of the year, Jean-eration Gap is a versatile blue jeans-inspired hue.



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warming up. Metals are even going warmer, with more gold and bronze and champagne tones. It's more relaxing."

Certified interior decorator Denise LeBlanc at Interior Visions in Moncton, N.B. says current wall colours are fresher than in years past. "Colours tend to change about every seven years," she says. "Right now, we're about four years into the cycle of fresh greens, turquoises, corals and purples—more colourful shades from the earth. Before that, we were in a cycle of chocolate browns, rusts and deeper earth tones."

LeBlanc often visits clients in their homes, and says an expert will scope out the details that could affect the look of a paint colour, such as flooring, countertops, cabinets and hardware.

"Paint colours should always be the last choice you make in a room because there are unlimited options," she says. "Your budget might limit you to a certain colour or style of countertops, but you can always find paint to go with them."

Cameron agrees. Her first question to homeowners is if the furniture and window treatments are staying. "More often than not, the answer is no, and that means the first step is choosing the fabrics," says Cameron. "It's a lot easier to match paint to fabric than fabric to paint."

The most important piece of advice is to pick up tester posts (or larger colour chips) so you can try a colour at home before buying it. "The way we remember and perceive colour changes drastically," says Gallant. "You might love a colour in the store or at a friend's house, but feel differently once you see it in your own home."

When you bring your sample can home, try it in three key spots: in a corner (to see how it looks in dim lighting), against a window (to see how it looks in bright lighting), and beside your trim.

"We encourage people to come in on a Friday night, take a few colours home to test, and then come in on Saturday morning to buy their final choice," Gallant says. "Then they still have the whole weekend to paint."

Tester pots are usually under \$10. They're a cheaper investment than buying two gallons of paint you'll wind up hating. Cameron often gets new clients who have painted a room multiple times and are frustrated that they haven't been choosing the right shade. "It's wonderful when I help them choose a colour and they say, 'Now it's perfect. The colour is finally right,'" she says. ✨

FEEDBACK



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East Coast Living Magazine

EXPERTS ROUND UP THE TOP PAINT COLOURS OF 2015

TOP NEUTRAL SHADES

- Benjamin Moore's Guilford Green (HC-116)*
- Benjamin Moore's Coventry Gray (HC-169)
- Benjamin Moore's Shaker Beige (HC-45)
- Laurentide's Silver Shadow (5-37-5)
- Sico's Linden Wood (6192-42)
- Farrow & Ball's Light Blue (No. 22 Estate)

TOP BOLD SHADES

- Beauti-Tone's Jean-eration Gap SC105-3**
- Sherwin-Williams' Coral Reef (SW 6606)***
- Laurentide's Total Eclipse (5-37-7)
- Laurentide's Midnight Sky (5-36-6)
- Sico's Clown Fish (6505-23)
- Sico's Patrician Purple (6015-73)
- Benjamin Moore's Jamaican Aqua (2048-60)
- Benjamin Moore's Salsa Dancing (AF-280)

*Benjamin Moore's colour of the year for 2015

**Beauti-Tone's colour of the year for 2015

***Sherwin Williams' colour of the year for 2015



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Spring garden checklist



Tackle these chores in the early spring to get your garden off to the right start

BY: CAROL MATTHEWS

After being cooped up inside for months, you are probably eager to get outside and get your hands dirty, and give your garden a head start for the upcoming growing season. Now is the time to collect the things you were too tired to put away in the autumn, and to gather the broken branches and garbage blown in by winter winds. Remove and compost any dead annual plants.

If you left perennials standing through the winter, such as asters and black-eyed Susans which have seed pods that feed the birds, cut back the dead stalks as soon as you see signs of new growth. Cut back ornamental grasses to the ground, too. (There's no need to wait for new growth). Once the weather warms, remove any mulch you had placed around plants for protection, and rake and gather wayward leaves left from the fall.

Clean up can begin as early as you want, as long as your ground is not soggy. These early spring visits will also give you the opportunity to see the bare bones of your garden before plants start growing again. It's a good time to decide if you want more infrastructure—a stone wall perhaps, or an obelisk to give height, stepping stones, or a new garden bed.

Check your trees and shrubs for broken branches and prune them cleanly to avoid disease. Prune rosebushes of dead wood, and depending on the species, prune and shape them before the buds start to swell. Cut hybrid tea roses back

to 15 centimetres; trim shrub roses only to the size you want as well as any old stems.

Climbing and rambling roses need only dead-wood pruning. Don't prune spring flowering shrubs and trees such as lilacs, as they set their spring buds the preceding summer and pruning them now will cut off the spring bloom. Apart from trimming dead wood, broadleaf evergreens such as rhododendrons and azaleas rarely need pruning.

As the spring continues, your perennials will begin pushing through the soil. It's time to divide or move them. The general rule is to divide plants every three years to keep them healthy and robust. But if yours are still doing fine and blooming well, there is no rush. You will know that clumps need dividing if the clump looks a little bald in the middle, if the plant is spreading into plants nearby, or if it has not bloomed as well as usual.

If the spring weather is dry, water the plants the day before you plan to divide them. This makes it easier to dig and divide them and it helps them overcome the shock. Before you divide the plant, prepare the hole where the new division will go for quick replanting and the trauma will be lessened even more.

Dig up the whole clump with as much of the root ball as possible, and use a sharp spade or a garden saw to divide the plant into two or more sections. You can use the new

PREVIOUS PAGE: Bleeding heart

BELOW: Purple syringa lilac



Early spring visits are a chance to see the bare bones of your garden

divisions to expand your garden or pot them up to give away. Treat them like new transplants: protect them from hot sun and water them until they are established.

There are exceptions to every rule and perennials such as peonies, monkshood (*Aconitum napellus*), bleeding heart (*Dicentra spectabilis*), globe thistle (*Echinops exaltatus*) and pinks (*Dianthus*) are plants that prefer to be left to their own schedules and require no pruning or dividing.

Sometimes it makes it easier to get the job done if you accept that weeding is a necessary evil to obtain the desired result. Weeds are some of the first plants to sprout and grow, giving them a head start on the plants we want to thrive. Pulling out invaders in spring will save you from digging them out with a shovel later. And hand weeding is easier while the soil is moist from winter snows. Don't compost weeds or you'll start a weed nursery.

After weeding, it's time to spread an inch or two of mulch. If you use well composted manure or your own compost, the mulch will also act as a fertilizer. Place the mulch around your perennials, bulbs, shrubs, and trees up to (but not touching) the stems or trunks.

Spring fertilization is important because when temperatures rise, plants surge into new growth and use up nutrients stored in their roots. Providing extra food for growth now will carry them into beautiful bloom later on. Add mulch on top of this fertilizer as it also conserves water, keeps plant roots cool on hot sunny days, conditions the soil, and smothers weeds.

If you've completed all of these projects and still have energy left, you might consider edging your flower beds. This gives a clean, professional look, and it keeps the grass from invading your beds. Just don't wear out your enthusiasm for spending time close to the nature in your yard. ✨

Photo: Proven Winners

Late pruners

Don't prune the following plants until late spring or summer, shortly after they have bloomed: azaleas (*Rhododendron* species); bridal wreath spirea (*Spirea x vanhouttei*); forsythia (*Forsythia x intermedia*); big leaf hydrangea (*Hydrangea macrophylla*); lilac (*Syringa vulgaris*); magnolia (*Magnolia* species and cultivars); mock orange (*Philadelphus coronarius*); rhododendron (*Rhododendron* species); weigela (*Weigela florida*).



LEFT: Rhododendron

BELOW: Hydrangea



Photos: Proven Winners



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BY: ANGELA KIPPERS

PHOTOS BY: SEAN McGRATH

"Every day
the view is
different."

MODERN seaside sanctuary

With streamlined design and captivating natural sightlines, this open-concept bachelor pad complements the traditional architecture of its community

Light streams into Chris Pascoe's home through the large windows that face St. Andrews' Centennial Park, an ever-changing swath of gardens, trees and pathways bordering his property. Chris was involved in every aspect of building his new home, a sleek modern addition that adjoins his daughter, Miranda Plunkett's, more traditional house.

"I wanted something different and unconventional"

Chris Pascoe carefully considers artwork that might adorn the dark grey walls of his garage. He apologizes for the plastic storage bins and sports equipment, objects normally at home in such a space. "These will eventually be moved and stored out of sight," he says.

Centred above, a sleek light fixture, the type you'd expect to see in a dining room, hangs from the ceiling. "Garages tend to be forgotten or neglected parts of a building, hidden away," Chris says. "I like to think of it as a room with a car."

At 80 years old, the retired lawyer likes defying convention. His new abode, an addition built on a home owned by his daughter Miranda Plunkett, is a contemporary space in a traditional neighbourhood. Situated on Joes Point Road, a narrow lane that hugs the coast in St. Andrews, N.B., the home celebrates both the town's beauty and its past.

Nestled along the eastern edge of Miranda's property, nearly across the street from St. Andrews Blockhouse National Historic Site, the addition looks minimal and unassuming. Little more than eight metres wide, the one-level structure opens up along its length, offering light, space and views for Chris and his pug, Diva.

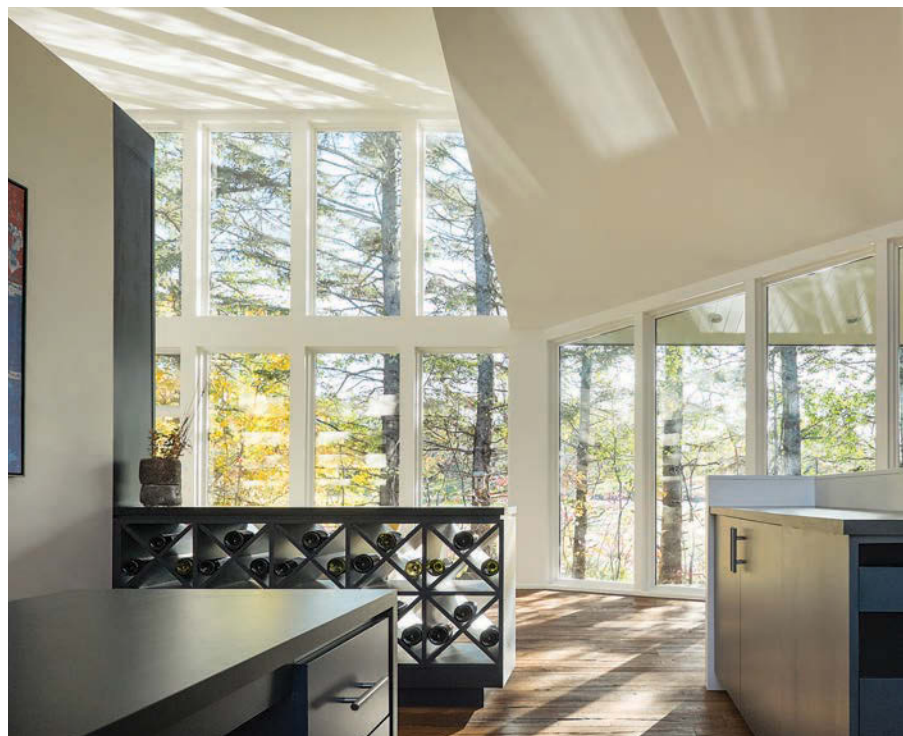
At 1,200 square feet, the building is larger than what Chris and Miranda imagined in early 2013, when they began considering a new space for Chris after he had a stroke. "It made sense to have my father close by," Miranda says.

The plan was to rebuild a garage that had been torn down a few years earlier and add a small attached living area. Chris would have access to Miranda's home, allowing for shared amenities, but he would keep his independence and privacy. It would be on one level (his previous home had three), and be easy to navigate and maintain.

The addition meets those goals and offers even more function with a living room, TV and library area, breakfast nook, kitchen, office, bedroom and bathroom. Chris, who has a long-held affinity for architecture, didn't want just any design. "I wanted something different and unconventional," he says.

The challenge was finding a way to build a contemporary addition that would complement Miranda's existing home as well as the neighbourhood. The town is a mix of turn-of-the-century houses and charming, cottage-like homes. They hired Monica Adair and Stephen Kopp, owners of Acre Architects in Saint John, to take on the project.

The couple surveyed the community's existing architecture, and noted that black and white was the primary colour palette. The new space adopts this convention, but with a twist. Instead of being a white structure with black trim, the addition is black with white trim. "It references the tradition, but doesn't

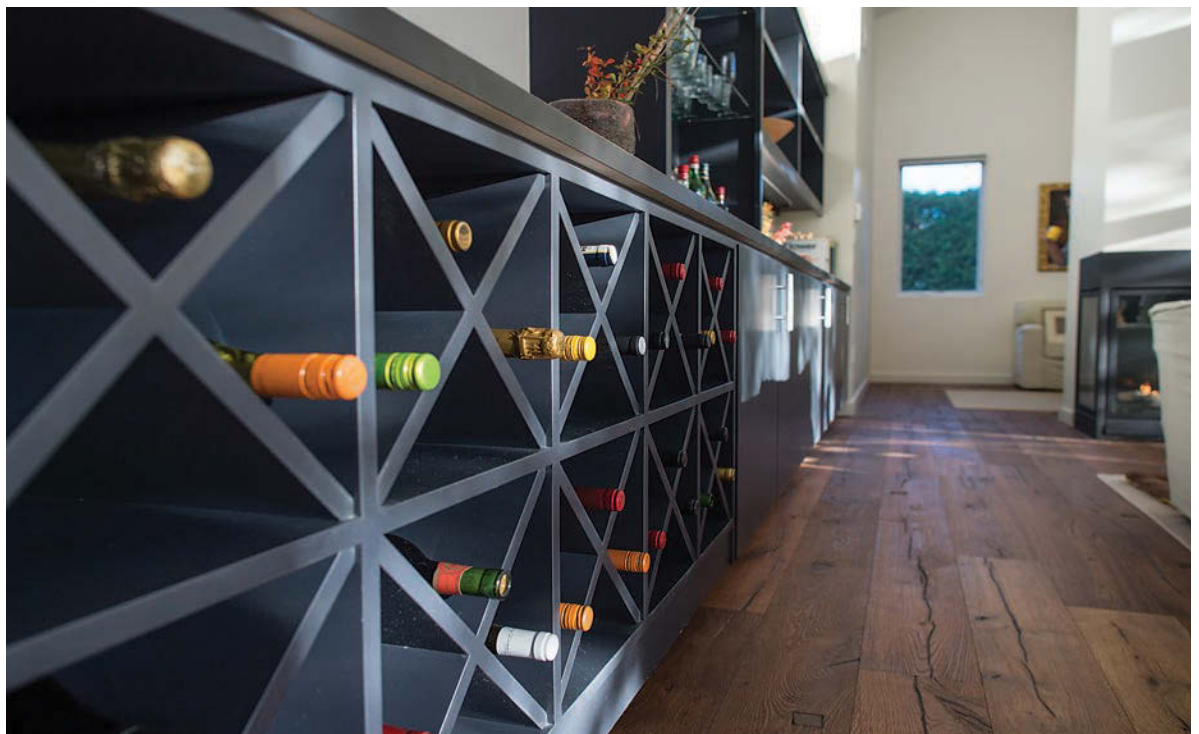




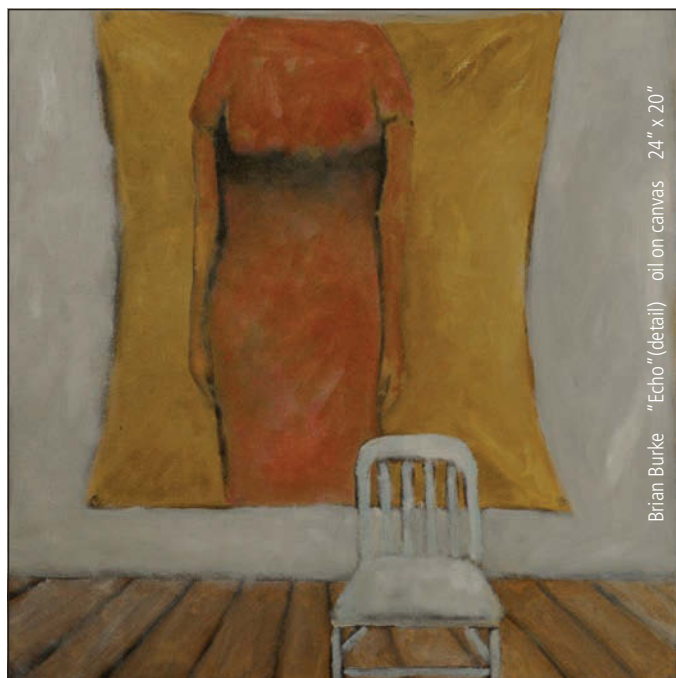
LEFT: Chris enjoys dining in the built-in breakfast nook. Streamlined and efficient, his kitchen has few appliances but sightlines of the courtyard and of Miranda's home.

BELOW LEFT: Looking out from the kitchen, a line of fir trees at Centennial Park complement the vertical lines of the house.

BELOW: Chic built-in wine shelves lead the way to a cozy TV and library area. Flooring resembling reclaimed barn board offers warmth, aesthetically and physically. The home has a hydronic heating system.



A small deck is an extension of the living room. Partially covered, it offers some protection from the elements.



Brian Burke "Echo" (detail) oil on canvas 24" x 20"

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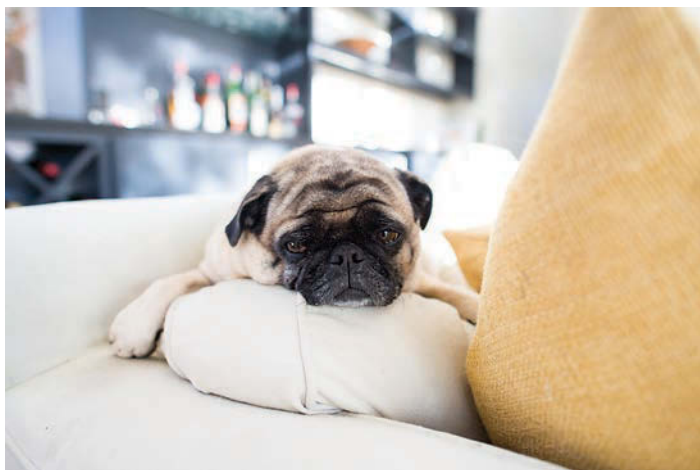
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necessarily obey the rules,” Stephen says. Miranda’s 1960s-era bungalow now has updated white siding and a new front door to match the addition.

Scale was an important factor, Stephen says. “Chris did not want it be ostentatious. He wanted to tread lightly on his daughter’s property.”

To achieve this, two small structures with opposing pitches make up the addition, breaking up the profile and the roofline. One part cascades up, forming the grand scale of the living room; the other cascades down onto an intimate deck.

Initially, the architects wanted to feature the ocean view. “We were in St. Andrews by-the-Sea after all,” Monica says. “It was very tempting.” But that proved difficult. A new garage would occupy the space facing the street and the sea and adding a second level wasn’t an option.

They found an alternative sightline with Centennial Park. Set on a hillside with meandering walkways, ponds and manicured gardens, the public space

BUILDING

LEFT: Chris’s six-year-old pug Diva is comfortable in her new home. She loves watching the squirrels, birds and fellow canines that visit Centennial Park.

BELOW: Rich, navy-blue walls and built-ins are a striking contrast to the home’s white ceilings. The roof comprises two sections in opposing pitches that minimize the structure’s scale.



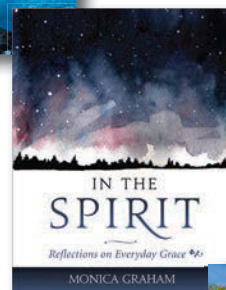
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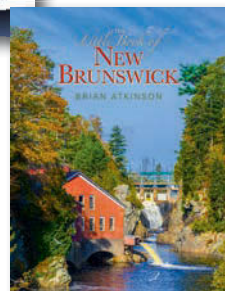
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borders the property. "We realized that if we turn the house 90 degrees, instead of trying to face the water, then Chris would inherit one of the most beautiful living rooms in St. Andrews," Stephen says.

"There is also the advantage that someone else maintains it," Chris says. He points to a pathway frequented by neighbours and their dogs, and then stands in front of the breakfast nook.

TOP: Chris enjoys the open-concept living room. A corner built-in fireplace gives warmth and comfort on cool nights.

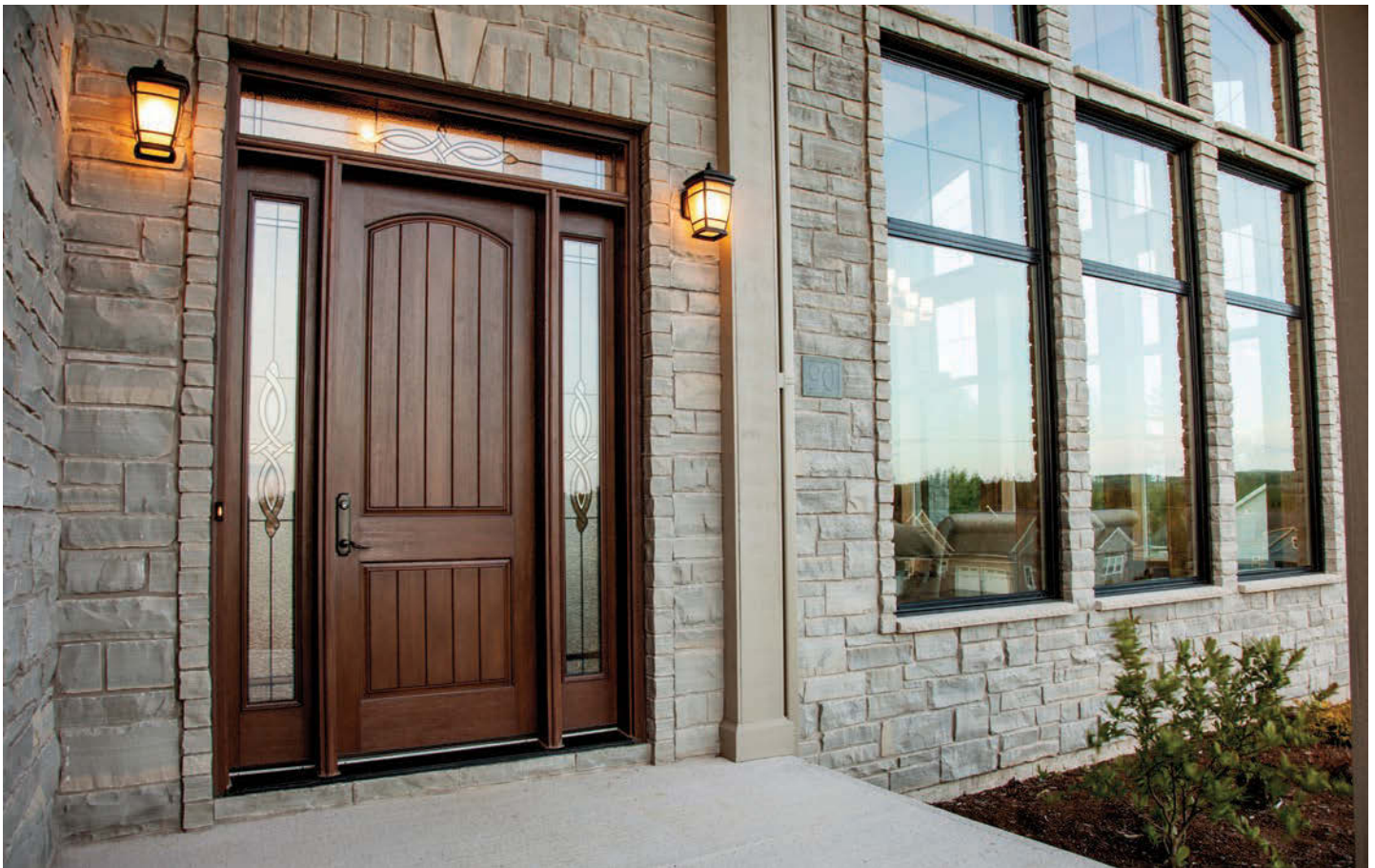
LEFT: View of the house from Joes Point Road. The garage is one of Chris's favourite spaces in his new home. He can see the ocean through the glass garage door.

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Chris enjoys the line of fir trees that stand just outside his living room and the varying light that streams in throughout the day. "Every day the view is different," he says. "It changes not just by the day and the season, but by the minute."

Positioning the addition in an L-shape with Miranda's home created an intimate, private courtyard on the opposite side of the building. Chris and Miranda can access each other's homes by way of a pergola-covered walkway.

The two spaces work well for social gatherings. "We have family from all over the globe, and everyone loves to come to this area," Miranda says. "It's quite fun. We might have drinks at his place, then we'll move to my house

The addition forms an L-shape with Miranda's home, which received new siding and a matching door to marry the two structures.

for the meal." On quieter occasions, Chris and Miranda often each make a portion of a meal and then share it.

The addition's design is efficient and practical. "We made it simple, but Chris made it simpler," Monica says. Early in the design phase, Chris eliminated a second door to the bathroom from the TV viewing/library area, a snug space for relaxing in the evenings. "Who needs a second door to a bathroom?" Chris asks.

In the kitchen, open-fronted drawers give easy access to dishes and food—a design feature Chris had in his last home. He prefers a toaster oven to a full-size stove. "It's a waste of space and energy for one person," he says. There's no dishwasher either.

Chris splurges in other areas. He enjoys views to his garage through two interior windows—one from the vestibule and the other from the living room. He chose a multi-pane-glassed, industrial-style door to welcome himself home. "The ones they make for homes are often quite ugly," he says. "The doors for fire houses and repair shops are often more attractive."

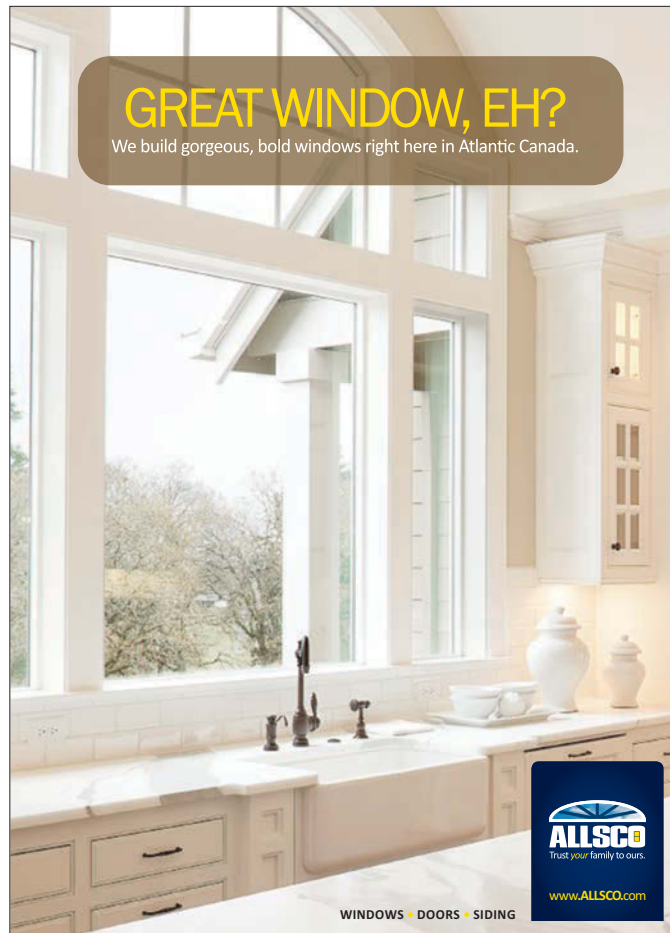
He has been slowly adding artwork throughout the space. In the living room, he has a colourful, abstract portrait by Polish-Canadian artist Zbigniew Kupczynski, and a willow-column floor sculpture by Nova Scotia artist Dawn MacNutt. A treasured 19th-century French painting (artist unknown) that once belonged to his mother graces a wall in the TV and library area. The oil painting depicts a parrot and two dogs—one dog sleeps while the other seems to bark at the parrot. It's next to a favourite chair, a well-worn, vintage Georg Jensen. "It's extremely comfortable," Chris says.

For Miranda, who travels frequently and also calls New York home, the St. Andrews house is more than a property. "It's an appreciation for the town




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itself," she says. "It's become such a large part of our lives and our family's lives. It's a very special place. My dad enjoys it and that's most important to me."

Chris takes pleasure in the home's practicalities—"I use every bit of the space every day"—but he also delights in its grace. "At night, when the lights are on in the house, and you're driving along the road, it's quite breathtaking." ❄

FEEDBACK



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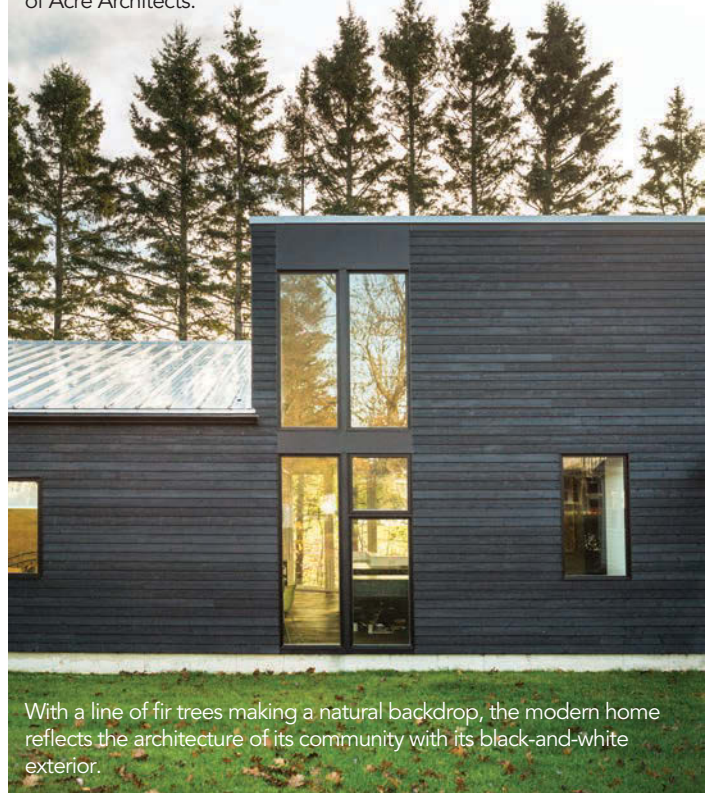


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East Coast Living Magazine

LEFT: Rob Roy Construction in nearby St. George built the home. "The contractor was there at our first design meeting," says architect Monica Adair of Acre Architects.



With a line of fir trees making a natural backdrop, the modern home reflects the architecture of its community with its black-and-white exterior.

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Spring awakening

East Coast chefs share flavourful ways of
preparing the first tastes of spring

BY: SIMON THIBAUT

PHOTOS BY: BRUCE MURRAY,
VISIONFIRE



"Spring eating is fresh and lighter, brighter flavours."



On March 20, your calendar will tell you it's the first day of spring. But a look out your window will probably tell you otherwise.

/// Chef Dave Smart remembers the giddiness he felt when the ground began to thaw each year. The former owner of Front & Central in Wolfville, Nova Scotia (he recently sold the business and has a few new projects in the works), Smart loves planning his spring menus. "You start counting the days... May is just around the corner," he says. Rather than waiting for winter to end and spring to begin, Smart lets the seasons dovetail into one another with his recipes.

Before Smart became a chef, he was an engineer. As a chef, he likes to do a little reverse engineering with his plates: he'll look at an ingredient and think about how it works and how he can enhance or duplicate it in a new way.

He often prepares a dish using the same root vegetable in two ways. He'll slow roast or braise winter vegetables, and then present the vegetable's younger, more tender siblings in a quick pickle.

"One of the things you do as a chef is play with texture or acidity," he says. "Spring eating is fresh and lighter, brighter flavours, so pickling goes right down that alley. That allows me to game the system a little bit, and yet stay true to eating local and seasonal. It's the same vegetable, but you change the preparation, so it's an element of cooking, rather than an element of availability. It's a nice way to transition."

It's not just kitchens that look at the mechanics of transition. Farmers in our region are just as eager when it comes to seeing the first few sprigs of greenery burst through the earth. Gilberte Doelle runs Wild Rose Farm, a small organic farm in Gilbert's Cove, Digby County, N.S.

Doelle has been farming for 15 years and sells her wares through direct methods like farmers' markets and community-supported agriculture (CSA). People who subscribe to her CSA boxes may be surprised to find bits of green in their winter boxes to go along with their root vegetables.

"Eating seasonally doesn't always mean eating cabbages and turnips," says Doelle. She supplements her root vegetable selections

with tender baby greens that she grows in greenhouses and cold frames over the winter. "With the evolution of cold frames and row covers, eating seasonally or growing spring vegetables can be different than what our grandparents had."

Doelle is one of many farmers who has learned to extend the seasons outside of their usual time frames. As well as using greenhouses and cold frames, she also covers her beds with black plastic (called solarizing) to help warm and thaw the soil for early planting.

After two or three weeks, the ground is warm enough for planting. "I always try to do some early transplants of brassicas and lettuces, and plant as early as March 15," she says. "Mustard greens and Asian vegetables, they can handle a little bit of frost, as long as they are climatised." She jokes that amongst more senior gardeners, it's a race to see who will plant their peas first. "I have heard of people doing it on April 1," she adds.

Doelle has nothing but love when it comes to the herbaceous flavour of the greens that have worked hard through the early spring to find their way onto her table. "I find the early spring production of arugula and mustard greens would be sweeter than normal," she says. "They tend to be high quality." For Doelle, it's all about working smarter, not harder, with Mother Nature.

For Ted Jones, one of four partners in 540 Kitchen & Bar in Fredericton, N.B., fiddleheads are the harbinger of good eating. "Root vegetables get tiresome quite quickly," he says. "So it's nice when that time of year comes around again."

The crew at 540 enjoy foraging for seasonal treats from nearby forests and fields. "When my guys in the kitchen are excited by what they're seeing come in the back door, it stimulates them to do something proper with it," he says. For fiddleheads, that means presenting them as simply as possible: steamed, tossed in butter and seasoned with salt and pepper.

Beyond fiddleheads, Jones gets excited about the first few bunches of green beans, leeks and garlic scapes. For him, spring is a reminder of the care that comes from producing and cooking quality food. "I really like to see the producer's pride in their stuff," he says. "They've worked

hard to bring us what they have, and waited out a hard winter. They only have really a very short season to do what they do, even with the help of a greenhouse to start things off.”

That’s a sentiment that Dave Smart echoes, as he describes passing through a carrot field with a farmer last spring. “We walked down to his field, and he pulled them out, and patted the dirt off,” he says. “I can remember getting these totes full of veg with their tops still on it, still warm from the sun. I spent hours cleaning them, laying them out on towels and treating them like babies. It’s not just food anymore; it’s contact, the specialness of it all.” ❁



RIGHT: Wolfville, N.S. based chef Dave Smart awaits the arrival of spring with giddy anticipation. He loves showcasing the first vegetables of the season in creative recipes that let him play with texture and flavour.



Asparagus Soup

Asparagus season is brief and beautiful. Make the most of it with this delicious soup. *Recipe courtesy chef Dave Smart.*

1. Bring vegetable stock to a simmer. Add trimmings from asparagus stalks, thyme and bay leaf. Simmer for 5 minutes and remove from heat and let stand for 15 minutes.
2. Strain stock to remove asparagus, thyme and bay leaf. Transfer stock to fridge to cool.
3. Blanch asparagus in boiling salted water, cooking for 2–3 minutes until tender. Place immediately in ice water to prevent overcooking.
4. Bring a large pot of salted water to rolling boil. Drop in asparagus in small batches to blanch for 2–3 minutes until tender. Transfer asparagus to ice water.
5. Remove cooled asparagus from ice water. Working in batches, add asparagus to blender and cover with cooled stock. Purée until smooth. Adjust consistency by adding more stock.
6. To serve, gently reheat soup and season to taste with salt and white pepper. Ladle into bowls and top with a dollop of sour cream. Garnish with chopped chives and a drizzle of oil.

INGREDIENTS

2 lbs (900 g) asparagus, ends trimmed and reserved for stock
8 cups (2 L) vegetable stock, preferably homemade
2 Tbsp (30 ml) chopped chives
1/2 cup (125 ml) sour cream
3 sprigs of thyme
1 bay leaf
 salt
 white pepper
 camelina or olive oil for drizzling

Braised Young Leeks

Used extensively in European cookery, leeks get short shrift on this side of the Atlantic. Unfortunate, since their delicate onion flavour can be a revelation when prepared in this manner. This recipe makes a great side dish with fatty cuts of pork, such as shoulder. *Recipe courtesy Ted Jones, 540 Kitchen & Bar, Fredericton, N.B.*

DIRECTIONS

1. Trim the fibrous parts of the leeks (tops and roots). Cut leeks lengthwise, wash well, and dry with towels.
2. In an oven-ready pan, render off the fat from the bacon lardons on medium heat.
3. Remove lardons and raise heat. Sear leeks cut side down, turning when browned. Be sure not to crowd them so they caramelize rather than steam.
4. Add the lardons back to the pan, and deglaze with dry white wine. Reduce wine to about half its volume.
5. Add chicken stock and garlic.
6. Place pan in a 375°F (190°C) oven for 20–25 minutes, or until the liquid has reduced by half and the leeks are tender.
7. Remove from oven, add heavy cream and salt to taste.

INGREDIENTS

6 leeks, no more than a 3/4-inch diameter, sliced lengthwise.
1/2 lb (225 g) bacon, cut into thick lardons
1/2 cup (125 ml) chicken stock
1/3 cup (75 ml) dry white wine
2 Tbsp (30 ml) heavy cream
2 cloves garlic, minced finely
 salt to taste

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Spring Vegetable Salad

The key to this salad is seasonality. Use what's available, at its peak of freshness and flavour. Hearty and satisfying, this spring vegetable salad has several components. The salad quantities are just suggestions. You may want the dish to crunch with fresh radishes or have more cheese. You can modify this dish to your heart's delight. *Recipe courtesy chef Dave Smart.*

DIRECTIONS

For the salad:

1. In batches, blanch the vegetables in salted boiling water for 2–3 minutes. Shock in ice water to prevent overcooking. Dress with Lemon Vinaigrette.
2. Brush Carrot Top Pesto in bottom of bowl.
3. Place dressed vegetables on top of pesto and top with crumbled goat cheese and Crispy Quinoa.
4. Garnish with pea shoots and sliced radishes.

For the Carrot Top Pesto:

1. Transfer carrot tops, almonds, parmesan and garlic to a blender.
2. With the blender running, add olive oil, a gentle plug at a time, and purée until smooth (you may not need all of the oil). Season with salt and pepper.

For the Lemon Vinaigrette:

1. In a small bowl add the lemon juice and slowly add vegetable oil while whisking.
2. Adjust seasoning with salt and pepper.

For the Crispy Quinoa:

1. Cook quinoa in salted boiling water until *al dente* (about 12–15 minutes).
2. Drain and spread in an even layer on a sheet pan. Refrigerate overnight uncovered.
3. Heat vegetable oil in a medium sauce pan over medium heat to 325°F (160°C).
4. Working in batches, deep-fry quinoa using a wire mesh strainer until crispy, approximately 1–2 minutes.
5. Transfer to a paper towel lined sheet and season with salt while hot.

INGREDIENTS

For the salad:

- 1 cup (250 ml)** fresh peas (shell peas, sugar snap or snow peas)
- 1 cup (250 ml)** baby carrots, peeled and cut into bite-sized pieces
- 1 cup (250 ml)** baby turnips, peeled and cut into bite-sized pieces
- 1 cup (250 ml)** asparagus, tough ends removed, cut into bite-sized pieces
- Lemon Vinaigrette** (see recipe)
- Carrot Top Pesto** (see recipe)
- Crispy Quinoa** (see recipe)
- goat cheese
- pea shoots
- radishes, sliced thin

For the Carrot Top Pesto:

- 2 cups (500 ml)** carrot tops (centre stem removed), washed and dried
- 3/4 cup (175 ml)** toasted slivered almonds
- 3/4 cup (175 ml)** grated parmesan
- 1 clove** garlic, minced
- 1 cup (250 ml)** olive oil
- salt and white pepper to taste

For the Lemon Vinaigrette:

- 1/2 cup (125 ml)** lemon juice
- 1/2 cup (125 ml)** vegetable oil
- salt and white pepper to taste

For the Crispy Quinoa:

- 1 cup (250 ml)** red quinoa
- 4 cups (1L)** vegetable oil
- salt



Asparagus Soup

Spring Fiddleheads

Fiddleheads are delicate and immature ferns, and require gentle cooking. Ted Jones from 540 Kitchen & Bar in Fredericton says that when it comes to seasoning them, "butter and salt never hurt anything. People often put plain old white vinegar on them but there's no need for that." *Recipe courtesy Ted Jones, 540 Kitchen & Bar.*

DIRECTIONS

1. Place a steamer rack in a pot with about an inch of water. Bring to gentle boil.
2. Add fiddleheads, steam for 4-5 minutes until tender
3. Remove from heat, add melted butter and season accordingly. Serve immediately.

INGREDIENTS

- 20-30 fiddlehead ferns,
picked and rinsed clean
3 Tbsp (45 ml) melted butter
salt and pepper to taste

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Ricotta Gnocchi with Lemon Artichoke Cream

This seasonally inspired dish changes with what is fresh and available. In spring, artichoke cream and asparagus with chives and mint and borage. For summer, change it up with corn, garlic, cherry tomatoes and basil. In the fall, try brown butter, sage, squash and pumpkin seeds. *Recipe courtesy chef Dave Smart.*

DIRECTIONS

1. Gently warm Lemon Artichoke Cream in a small pot.
2. Heat vegetable oil in large sauté pan over medium-high heat until it just starts to smoke.
3. Add the gnocchi in a single layer and cook until it starts to brown slightly, about 1–2 minutes each side.
4. Off heat, add butter and peas. Toss until butter is melted and peas are warmed. Season with salt and pepper.
5. Place about 1/4 cup (60 ml) of artichoke cream in bottom of each serving bowl. Ladle a serving of gnocchi and peas on top.
6. Garnish with sliced radishes and herbs leaves. Drizzle with Lemon Vinaigrette.

For the Lemon Artichoke Cream:

1. Add oil and butter to saucepan on medium heat. When melted, add shallot and sweat until softened, about 1–2 minutes.
2. Add chopped artichokes and cook another 2 minutes. Deglaze with white wine and reduce until almost dry.
3. Cover with vegetable stock and cream. Simmer until artichokes are very soft, approximately 10–12 minutes.
4. Transfer to a blender with lemon juice and zest, and blend until smooth. Return to saucepan and season with salt and white pepper.

For the Lemon Vinaigrette:

1. In a small bowl add the lemon juice and slowly add vegetable oil while whisking. Adjust seasoning with salt and pepper.

INGREDIENTS

2 Tbsp (15 ml) vegetable oil
2 Tbsp (15 ml) butter
24 oz (680 g) Ricotta Gnocchi (see recipe at on next page or use pre-made gnocchi)
 Lemon Vinaigrette (see recipe)
 Lemon Artichoke Cream (see recipe)
1/2 cup (125 ml) fresh herb leaves (mint, chive, lemon balm, etc.)
1/4 cup (60 ml) radishes, sliced thin
2 cups (500 ml) fresh/frozen peas, blanched then cooled

For the Lemon Artichoke Cream:

2 Tbsp (15 ml) vegetable oil
2 Tbsp (15 ml) butter
 1 shallot, diced
2 cups (500 ml) canned artichokes, coarsely chopped
1/2 cup (125 ml) white wine
1 cup (250 ml) vegetable stock
1 cup (250 ml) cream
 zest and juice of 2 lemons
 salt and white pepper

For the Lemon Vinaigrette:

1/2 cup (125 ml) lemon juice
1/2 cup (125 ml) vegetable oil
 salt and white pepper to taste

Ricotta Gnocchi

This recipe makes eight three-ounce portions of gnocchi. Recipe courtesy chef Dave Smart.

DIRECTIONS

1. Combine ricotta, egg yolks, and parmesan in a large bowl.
2. Add flour and form a cohesive dough, taking care to mix gently, lest your dough be too tough.
3. Turn dough out onto a floured work surface and gently knead the dough until smooth. Cut dough into 4 equal portions.
4. With one portion at a time, roll into a long snake approximately 1/2 inch in diameter. Cut into 3/4-inch long pieces and transfer to a floured sheet pan.
5. Bring a large pot of salted water to a boil. Add the formed gnocchi in batches to the boiling water and cook until they float at the surface. Remove with a slotted spoon and transfer to an oiled sheet pan. Repeat with remaining gnocchi.

INGREDIENTS

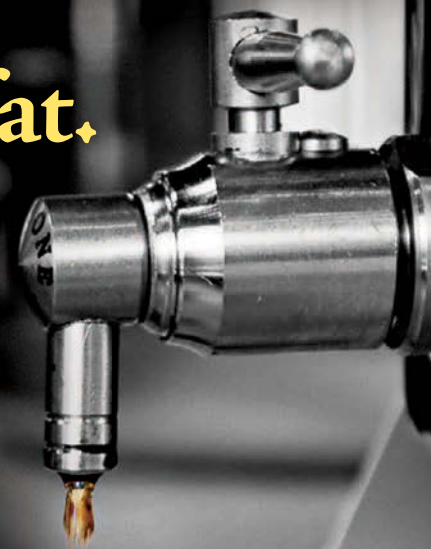
- 2 cups (500 ml) ricotta cheese
 2 egg yolks
 1/4 cup (60 ml) grated parmesan
 1 1/2 cups (375 ml) flour + 1/2 cup (125 ml) for kneading
 1 tsp (5 ml) salt



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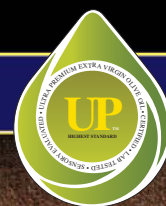
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Fettuccine with Lobster

BY: VALERIE MANSOUR

PHOTOS BY: BRUCE MURRAY,
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Making pasta from scratch at home takes this old favourite to a new palate-pleasing level

Linguine, spaghetti, spaghettini, pappardelle, penne, ravioli, gnocchi..." Rosalba Santori lists some of the 36 kilograms of pasta her family makes weekly to sell at Pasta Casalinga at the Dieppe, N.B. farmers' market. They have even invented their own called ricci, a curly fettucine. They make whole-wheat pasta, plus spinach and carrot flavours, and even one with fresh chives at the suggestion of a customer.

Making the noodles from scratch can bring pasta to a new, enviable level. Ravioli is the best seller at Casalinga and a family favourite that the Santoris enjoy with basil and tomato (see recipe on page 74). "We have our steady clientele, some come and go, as they go on and off diets," explains Santori, adding that weight isn't an issue for her family, even though they eat pasta daily. They avoid heavy creams and sauces, and use garlic, olive oil and Parmesan instead.

As a child, Santori recalls that her mother, Giuseppina, who now cooks with her for the market, always made her own pasta because commercial varieties weren't adequate. Even so, Santori and her siblings would often ask for Kraft Dinner, but with a homemade sauce.

The family hasn't eaten packaged pasta since they started their business 10 years ago "The people who try it don't go back," Santori says. "The texture is not as slimy and slippery, and it tastes better because of the real eggs." She finds fresh pasta absorbs sauces better; it also freezes easily and can be dropped into boiling water without thawing.

Rosina Silvestri-Giansante, a home chef in Halifax, was 11 when her family immigrated to Canada from Italy. "When I was little, my mom would make it from scratch with a rolling pin," she recalls. "She kept rolling and rolling a big round circle. Then she'd take a knife, depending on what we were eating, and cut it the size we wanted."

Today Silvestri-Giansante and her husband make homemade pasta on Sundays. If it's a special occasion or a holiday, they make lasagna, a favourite of her children and grandchildren (see recipe on page 72). "Years ago, lasagna was a peasant food, because people would use whatever was left over and make it by hand, leftover ricotta, boiled eggs; they'd put it all in a tomato sauce," she says.



Andrew King, chef and owner of da Maurizio Fine Dining in Halifax, makes a bevy of pastas from scratch, using time-tested Italian traditions and techniques.

Silvestri-Giansante keeps tomato sauces and chicken broth in the freezer to use for various pasta dishes, such as ravioli, mafalda or tortellini. She uses a traditional tool called a *chitarra*, a frame with wires, to cut pasta dough into strands. She has taken it to multicultural events at schools to discuss Italian cooking. She says it's easier than people think: just eggs, flour and water. She eats pasta at least once a week, though in Italy she would eat it daily and in smaller portions.

Andrew King, chef and owner of Halifax's da Maurizio Fine Dining, thinks we should eat smaller servings, as in Italy where pasta is one course of a meal. He also advises keeping it simple. "People tend to use too many ingredients," he says.

The greatest sin of all is overcooking. "Overcooking is a North American thing," he says. "People would be surprised to go to Italy and eat pasta as it's always *al dente*." While King recommends using fresh tomatoes, if processed tomatoes are necessary, select a can of Italian tomatoes. He adds that it's a good sign if it contains a whole basil leaf.

King thinks his clients' enduring love for pasta comes from their memories of eating pasta as a child. "It's part tradition and part comfort food," he says.

His many favourites include Spaghettoni with Lemon Asparagus, Artichokes and Crispy Prosciutto (see recipe on page 74). "Veggies alone can be bland, so prosciutto adds smokiness and saltiness to the dish. It's another dimension." His Fettuccine with Lobster provides a fun way to use a favourite local crustacean (see recipe on page 72). Gnocchi is a classic pasta he recommends making from scratch (see recipe on page 71). And King's Linguine Primavera celebrates the freshness of spring ingredients (see recipe on page 76). "It looks great when you see it coming to the table," he says.

East Coast pasta lovers can make pasta dishes for any taste and occasion, following a traditional recipe or imaginatively coming up with one of their own. Take any size or shape pasta, dress it up or down, add vegetables or meat and any of a multitude of sauces and flavours. For an East Coast springtime dish, add local fresh herbs and greens. Pasta is one of the world's favourite foods for good reason. ✨



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Gnocchi with Pesto

Gnocchi is fun to make but takes time and patience. You can cook the gnocchi unshaped if rolling and shaping seems intimidating. *Recipe courtesy Andrew King, da Maurizio Fine Dining.*

DIRECTIONS

1. In a food processor, purée basil, pine nuts, cheese, garlic and salt. Drizzle in oil until incorporated. Season with pepper. Can store in refrigerator for 3 days or freeze for up to a month.
2. For the gnocchi, place potatoes in a medium saucepan and cover with cold salted water. Bring to boil, lower heat and simmer uncovered, until tender, about 10 minutes. Drain.
3. Rice the potatoes with a ricer onto parchment-lined baking sheet in even layer. Let cool.
4. Transfer potatoes to large bowl, gently mix in flour, yolks, salt, nutmeg and pepper until forming a soft dough. Don't over mix.
5. On a well floured surface, divide dough into 6 equal parts. With the palms of both hands, gently roll each into a "rope" 3/4-inches (2 cm) in diameter. Cut each rope on an angle into 3/4-inch (2-cm) pieces.
6. Hold salad fork at a 45-degree angle with tines curving up. Place piece of dough at the top of the tines and hold in place with your free thumb. In one gentle motion, press and roll the dough along tines, creating a small dent in one side and shallow grooves on the other. Repeat, place on lightly floured baking sheet. Store in refrigerator from 1 to 24 hours.
7. When ready to serve, in a skillet over medium-high, heat the cream until hot. Remove from heat, whisk in half the pesto. Scrape into large bowl. Set aside in warm spot.
8. Cook half the gnocchi in boiling salted water for 1 1/2 minutes or until they rise to the top. (Overcooking leads to disintegration.) Using slotted spoon, transfer gnocchi to bowl and toss with pesto. Repeat with remaining gnocchi. If sauce seems too "tight," add cooking water gradually until consistency is saucy. Season with pepper. Serve in warm bowls, top with Parmigiano.

INGREDIENTS

For basil pesto:

- 2 cups** (500 ml) loosely packed basil leaves, washed and dried thoroughly
- 2 Tbsp** (30 ml) toasted pine nuts
- 2 Tbsp** (30 ml) freshly grated Parmigiano
- 1/4 tsp** (1 ml) minced garlic
- 1/2 tsp** (2 ml) kosher salt
- 1/4 cup** (60 ml) plus **1 Tbsp** (15 ml) extra-virgin olive oil
- freshly ground black pepper, to taste

For pasta:

- 4 large** waxy-style potatoes (about 2 1/2 lbs, 1.1 kg), peeled and cut into sixths
- 1 1/4 cups** (300 ml) plus **2 Tbsp** (30 ml) all-purpose flour
- 2 large** egg yolks
- 1/2 tsp** (2 ml) fine salt
- generous pinch** freshly ground nutmeg
- 1/2 cup** (125 ml) heavy cream
- freshly ground black pepper, to taste
- freshly grated Parmigiano, for sprinkling



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Fettuccine with Lobster

Rich and flavourful, this colourful dish looks as great as it tastes.

Recipe courtesy Andrew King, da Maurizio Fine Dining.

DIRECTIONS

1. Cook lobsters in large pot of boiling salted water, about 12 minutes.
2. Transfer lobsters to large rimmed baking sheet. Remove meat from tail and claws, place in bowl. Remove any roe from bodies, place in small bowl. Cover and chill meat and roe. Discard tomalley (green matter). Reserve bodies and shells.
3. Heat oil in heavy large pot over high heat. Add bodies, shells. Sauté 3 minutes. Reduce heat to low. Add tomato paste, stir 3 minutes.
4. Stir in tomatoes, wine, vinegar, garlic, tarragon, thyme, parsley. Add cream, boil 2 minutes. Reduce to medium-low. Simmer until lobster flavour infuses cream, stirring occasionally, about 20 minutes.
5. Strain sauce into large bowl. Discard contents of strainer. (You can prepare lobster and sauce one day ahead.)
6. Transfer sauce to heavy large saucepan. Cut lobster meat into bite-size pieces. Add to sauce. Gently re-warm over low heat, stirring occasionally.
7. Cook pasta in large pot of boiling salted water until tender, stirring occasionally. Drain; return pasta to pot. Add sauce, toss over medium-high heat until sauce coats pasta, add Parmigiano. Season. Serve in large, shallow bowl.

INGREDIENTS

- 2 **1 1/2-lb** (675-g) live lobsters
- 3 **Tbsp** (45 ml) olive oil
- 1/4 **cup** (60 ml) tomato paste
- 2 **large** plum tomatoes, chopped
- 1/3 **cup** (75 ml) dry white wine
- 2 **Tbsp** (30 ml) white wine vinegar
- 2 **cloves** garlic, sliced
- 2 **each** fresh tarragon, thyme, Italian parsley sprigs
- 3 **cups** (750 ml) whipping cream
- 1 **lb** (448 g) fettuccine or linguine
- 1/2 **cup** (125 ml) grated Parmigiano
- salt and pepper to taste

Rosina's Luscious Lasagna

This traditional recipe includes pasta you can make by hand, or with a pasta machine, but if you're not up to the adventure, substitute your favourite purchased variety. *Recipe courtesy Rosina Silvestri-Giansante.*

DIRECTIONS

1. For tomato sauce, pour olive oil into pot and sauté garlic and onion until translucent.
2. Add meat, fry until brown, remove, deglaze pan with wine.
3. If using fresh tomatoes, blanch, peel, remove seeds. Add tomatoes, meat, stir well.
4. Add carrot, celery and seasoning. Simmer for at least two hours. Remove carrot, celery. (If desired, keep in freezer for future use.)
5. For cheese sauce, melt butter in pot over medium heat, remove, stir in flour.
6. Return to heat, gradually add milk, stir until thickened.
7. Add cheese, continue to stir until smooth. Season.
8. For pasta, mix flour and salt in large bowl, make well in centre. Lightly beat eggs, pour into well. Add more flour as needed to make firm, non-sticky dough. Add water, use fork to draw in flour. Beat gently. When stiff, use hands to form dough into soft ball without air pockets.
9. Divide dough into six portions, pass through pasta machine or roll by hand.
10. Drop rectangles into pot of boiling water for two minutes. Remove, drain on tea towel.
11. In baking pan layer tomato sauce, noodles, cheese sauce, repeat, ending with thin layer of tomato sauce. Top with Parmesan.
12. Cover with tin foil, bake at 350°F (175°C) for about an hour. Let rest covered with tea towel for about 30 minutes before serving.

INGREDIENTS

For tomato sauce:

- 1 **Tbsp** (15 ml) extra-virgin olive oil
- 1 **small** onion, chopped finely
- 1 **clove** garlic, crushed
- 1 **lb** (450 g) lean ground beef
- splash** of red or white wine
- 2 **large bottles** puréed tomatoes, or 2 **lb** (900 g) fresh tomatoes, chopped
- 1 **large** carrot, left whole
- 1 **stalk** celery, with leaves, left whole
- oregano, basil, salt, pepper to taste
- pinch** rosemary

For cheese sauce:

- 3 **Tbsp** (45 ml) butter
- 2 **Tbsp** (30 ml) all-purpose flour
- 2 **1/4 cups** (560 ml) milk
- 2 **cups** (500 ml) old white cheddar cheese, grated
- salt, pepper to taste

For fresh pasta:

- 3 **cups** (750 ml) flour
- pinch** salt
- 4 **eggs** (1 per person)
- 1 **tsp** (5 ml) water

- 1/2 **cup** (125 ml) freshly grated Parmesan, for sprinkling



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Spaghettini with Lemon, Asparagus, Artichokes and Crispy Prosciutto

The inclusion of fresh asparagus makes this a perfect dish for spring menus.

Recipe courtesy Andrew King, da Maurizio Fine Dining.

DIRECTIONS

1. Melt butter in large non-stick skillet over medium heat. Add prosciutto, sauté until crispy, about 2 minutes.
2. Add wine. Simmer over medium-high heat until mixture is reduced to 1/4 cup (60 ml), about 2 minutes.
3. Add cream, lemon zest and juice. Simmer until sauce thickens slightly, about 3 minutes.
4. Add artichokes and asparagus; simmer until heated through. Season.
5. Cook pasta in large pot of boiling salted water until tender, stirring occasionally.
6. Drain, return pasta to pot. Toss with sauce to coat, add half of the cheese.
7. Divide pasta among four plates, serve with remaining cheese.

INGREDIENTS

2 Tbsp (30 ml) butter
4 thin slices prosciutto, cut into 1/4-in (.6-cm) squares
3/4 cup (175 ml) dry white wine
1 cup (250 ml) whipping cream
2 tsp (10 ml) grated lemon zest
juice of one lemon
2 whole artichoke hearts, diced
1/2 lb (225 g) asparagus, cut into 1/2-inch (1.3-cm) pieces
 salt, pepper to taste
12 oz (340 g) spaghettini
1 cup (250 ml) freshly grated Parmigiano cheese

Ricotta Ravioli with Tomato and Basil

This simple and delicious family favourite is a perfect way to use homemade ravioli with its creamy ricotta filling. *Recipe courtesy Pasta Casalinga.*

DIRECTIONS

1. Heat oil in skillet, add garlic and cook for 1–2 minutes.
 2. Add tomatoes, season with salt, if necessary. Cook for 10 minutes.
 3. Add basil, stir, turn off heat.
 4. Cook ravioli in large pan of salted, boiling water for about 12–15 minutes, then drain well and tip into serving dish. Pour sauce over them and serve.
- Serves 4.

INGREDIENTS

2–3 Tbsp (30–45 ml) extra-virgin olive oil
1 clove garlic, finely chopped
1 lb (448 g) cherry tomatoes, cut into wedges
2/3 cup (160 ml) bottled, strained tomatoes
 salt, to taste
10 fresh basil leaves
1 1/2 lb (650 g) fresh, homemade ricotta ravioli



Spaghettini



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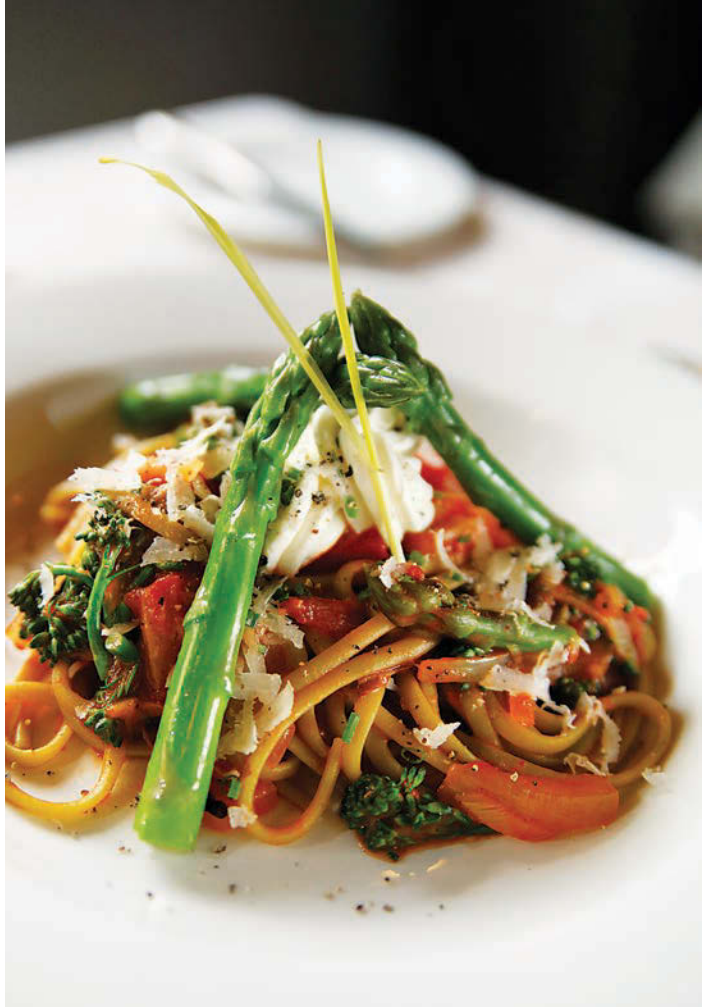


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Linguine Primavera

The smokiness of grilled vegetables, plus goat cheese, creates a classic primavera with a difference. *Recipe courtesy Andrew King, da Maurizio Fine Dining.*

DIRECTIONS

1. Prepare grill.
2. Arrange zucchini, peppers and brocolini in a single layer on grill pan, sprinkle evenly with half the salt, black pepper, chillies and garlic. Lightly coat with olive oil.
3. Grill 3 minutes on each side or until browned and tender.
4. Remove vegetables, chop into bite-sized pieces.
5. Place cooked pasta in a large bowl; sprinkle with remaining salt, tossing well. Stir in grilled vegetables, grated Parmigiano and tomato sauce.
6. Sprinkle with goat cheese, basil and serve.

INGREDIENTS

- 1 large** zucchini, quartered lengthwise
- 2 peppers**, red bell and yellow, each cut into 4 wedges
- 4 oz** (113 g) brocolini
- 1/2 tsp** (2 ml) salt, divided
- 1/4 tsp** (1 ml) freshly ground black pepper
- 1/2 tsp** (2 ml) chilli flakes
- splash** olive oil
- 2 cloves** garlic, minced
- 1 lb** (450 g) hot cooked linguine
- 1/2 cup** (125 ml) grated Parmigiano
- 1 cup** (250 ml) tomato sauce, heated
- 3/4 cup** (175 ml) crumbled goat cheese
- 2 Tbsp** (30 ml) chopped fresh basil

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From forest to glass



Mixologists and chefs across Atlantic Canada are working together to create inventive cocktails that feature fresh local flavours

BY: LAURA OAKLEY

The textures, tastes and scents of local ingredients are engrained in our history. We picked them in our backyards as children, smelled them on our hikes, and tasted them in our grandmothers' recipes.

Now, innovative bartenders are plucking these flavours from the earth and featuring them in craft cocktails that are fresh, thoughtful and skillfully prepared.

Delivering flavours from a local farm or forest to a customer's glass often requires help from a chef. "The reason it's worked so well is because of the relationship I'm able to have with the kitchen," says Tim Corbett of the craft cocktails offered at Chinchéd Bistro in St. John's, N.L.

As bar manager, Corbett dreams up flavourful syrups, teas or even infused liquors and bitters. What's in season for the kitchen is in season for the bar. And what's coming into a restaurant hinges on what the chef has ordered from local

At Chinchéd Bistro in St. John's, N.L., bartender Tim Corbett infuses gin with fresh strawberries to create a strawberry-cucumber Collins. Sliced strawberries sit in the gin for up to a week to create the delicate flavour.



suppliers or foragers. "We work with a lot of organic farms," Corbett says. "So when they have stuff, they just sort of show up with it."

In Nova Scotia's Annapolis Valley, chef Jason Lynch has gone as far as producing, bottling and retailing his own line of craft bitters. "Nobody makes them here and they're hard to get," he says. His first two flavours were Wild Violet & Green Juniper and Sweet Fern & Labrador Tea.

Lynch says he works closely with the bartenders at Le Caveau Restaurant in Grand Pré to create seasonal cocktails. "If you're dealing with local foraged products, it has to be a joint effort between the kitchen and the bar."

He also makes other drink elements using fresh ingredients from his suppliers. "Everything from stinging nettle syrup to the Labrador tea; it makes it fun for the bartenders, which makes it fun for our clientele," he says.

Corbett commandeers equipment from the kitchen at Chinchéd in order to create infusions faster and more intensely than he could do on his own. "We were making purées with the berries, and mixing them with classic cocktails," he says. "We've moved on to do some more adventurous stuff."

That includes producing ingredients like strawberry gin, cucumber syrup, smoked-walnut whiskey and maple bitters, to name a few. Using the chef's immersion circulator, Corbett can make an infused liquor like partridgeberry vodka in four hours, when it used to take him two months. "It totally changed the game," Corbett says.

At Saint John Alehouse in New Brunswick, bar manager Stephen Doucette teams up with the kitchen to conceptualize cocktails. Doucette loves to keep fresh herbs like rosemary and thyme on hand, sometimes smoking or toasting them to extract more complex flavours.

When he gets stuck on something

complicated, he's got backup. "I go to Jesse Vergen, our chef, and ask a question like, 'If you were going to try and transfer this flavour or this taste, how would you do that?'" Working with a talented culinary crew is a huge asset to any bartender looking to design an engaging cocktail list.

In some cases, bartenders are not able to entertain ideas from left field. Restaurants are busy, foraged ingredients can be pricey, and all bar staff need to be able to build drinks quickly.

Enter Made with Love, a series of mixology competitions held across Canada. The recent Halifax edition showcased the best mixologists in Nova Scotia and illustrated why some are opting to be called "bar chefs." With personally foraged items, extravagant techniques and garnishes as deliberate as the ingredients, the event is a veritable playground for passionate bartenders.

Competitor Josh Jackman from Halifax's Stubborn Goat Gastropub is an example of how inspired and personal mixology can be. "When I really put my heart and soul into it, it's bound to use something that I've found in the wild," he says. "It really excites me to bring that to people." His entry, the Cornwall-Chebucto, was a fusion of tastes from Jamaica and Halifax.

Passionate about botany, Jackman is on a quest to bring nostalgic smells and tastes to the glass. He personally foraged sweet bay and balsam fir and "sweated" the latter to extract a specific flavour. The drink also featured Appleton Estate rum, pineapple, and Nova Scotia apple cider and honey. The garnish was smashed crab apples he picked outside the Halifax Seaport Farmers' Market, the event venue, that morning.

As chefs are planning their spring menus and excitedly looking to summer, so are bartenders. Again, it's about bringing seasonal tastes to the glass, oftentimes reflecting personal history. "My grandmother grew stalks and stalks of rhubarb in

Strawberry Cucumber Collins

Adapted from Tim Corbett, ChinchédBistro.com

1 1/2 oz strawberry gin
1/2 oz cucumber syrup
juice from 1/2 a lemon (about 1/2 oz)
club soda to top

DIRECTIONS:

For the strawberry gin:

Ratio: 200 grams of sliced strawberries per 750 millilitres of gin (use the gin of your choice). The berries should sit on the gin for a week inside a sealed glass jar to fully infuse. When the infusion is complete, the strawberries will have mostly lost their colour.

For the cucumber syrup:

Ratio: 2 grams of cucumber slices per one gram of sugar, vacuum sealed for 1 to 2 days. If you don't have a vacuum sealer, use a tightly sealed ziplock bag.

Build the drink in a highball glass with ice, garnish with thinly sliced cucumbers and lemon wedge.



her backyard," says Doucette, who plans to turn that tart, stalky fibre into a bright flavour he'll incorporate into cocktails at Saint John Alehouse.

Using familiar ingredients helps connect customers to the experience. "If you do something creative with things that people have known their whole lives, you're going to have an even better chance of impressing them," Corbett says. Thanks to the teamwork between kitchen and bar, we can enjoy the tastes and smells of Atlantic Canada in the glass. ❄️

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Shifting scenes



With a background in textiles, jewellery and industrial welding, Susan Lee Stephen is an artist based in St. John's, N.L. She creates unique artworks out of a variety of materials.

While jewellery is her main focus, her sculptural work goes beyond simple adornment. Made of metals, textiles and semi-precious stones, the pieces are meant for displaying in the home and often include jewellery. "Jewellery is often thought of as frivolous, but I like to turn it into something that has a deeper message," Stephen says.

For a recent group exhibition at the Craft Council Gallery in St. John's, her work included intricate sculptures, mobiles and shadow boxes. Her pieces explored human and animal interactions. "We often label animals with negative terminology that reflects and perpetuates attitudes we've adopted,"

she says. "The seal is just being a seal but it gets labelled 'greedy' because it has encroached our territory. But in fact, we have encroached its environment."

Inspired by the idea of change in the natural world, Stephen creates silhouetted images of animals and plants that depict fleeting moments frozen in time. "Because change happens so incrementally in the natural world, we tend to see it as unchanging and static," she says. "But every living thing is evolving in its own space and time, in reaction to the forces around it."

Currently, she is having fun exploring new art forms. "I've embraced printmaking as a hobby," she says. "I love that each image can express a different mood depending on how you ink the plate."



"Greedy" Seal by Susan Lee Stephen, sterling silver, bronze and copper photo-etched, pierced and riveted. www.susanleestudios.com

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